



Milk provides important nutrients such as protein, healthy fats, vitamin D, and calcium. Offering fluid milk helps students meet nutrient needs, build healthy eating habits and meet one of the goals of the [USDA Pledge for Healthier School Meals](#). Students may be offered a variety of milk options, including whole, reduced-fat (2%), low-fat (1%), and fat-free (skim) milk at breakfast and lunch. Schools may offer both unflavored and flavored milk options, if flavored varieties have no more than 10 grams of added sugars per 8 fluid ounces.

Key Pledge Tips

- Create family connections:** Share updates with families through lively menus, informative newsletters, or welcoming back to school communications. Clearly communicate milk options, including whole milk, to help families feel confident and informed about what their children are being offered.
- Promote staff excellence:** Training staff on how to select, store, and serve whole milk while meeting program requirements builds capacity and empowers staff.
- Review procurement policies:** When updating your procurement policies or preparing bid solicitations, be sure to intentionally include whole milk as one of the options.

Closer Look at Whole Milk

Nutrition Facts	
8 servings per container	
Serving size	1 cup (240ml)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg	10%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 400mg	8%

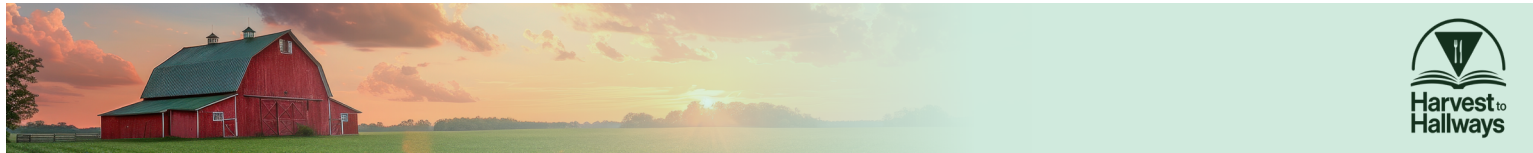
Take a look at the Nutrition Facts Label to the left to see what you're getting in a cup of whole milk. 1 cup of plain whole milk provides approximately:

- Calories:** 150
- Protein:** 8 g (16% Daily Value)
- Vitamin D:** 2.5 mcg (10% Daily Value)
- Calcium:** 300 mg (25% Daily Value)

School Spotlights

- The Howard-Suamico School District in Wisconsin is embarking on an exciting transformation, bringing fresh, locally sourced milk in bulk to eight schools. This partnership with a local dairy not only ensures students enjoy high-quality milk every day, but also sparks innovation – together, they're developing a delicious, lower-sugar chocolate milk option that supports healthier choices for all.

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Simple Milk Menu Ideas

- **Plan a two-week whole milk menu cycle:** Offer two weeks of menus that include allowable milk options, including whole milk, and review the menus to ensure they continue to meet dietary specifications, such as calorie targets and the weekly added sugars limit effective in SY 2027-28.
- **Make whole milk a standout choice:** Serve whole milk in attractive cooler tanks or milk fountains. A chilled, pour-your-own glass adds freshness and fun, helping students choose milk more often.
- **Introduce “Milk Pairing Days”:** Dedicate menu days where whole milk is paired with nutrient-rich foods that complement its flavor and nutritional profile (e.g., Whole Milk & Fresh Fruit Day, Whole Milk & Whole Grain Breakfast, or Whole Milk & Protein Snack Day).
- **Empowering student choice:** Spotlight whole milk as a rich, tasty option on the menu—giving students another delicious way to fuel up and feel great about their meal choices.
- **Milk Choice Compliance Check:** Review current milk offerings and verify alignment with new requirements.

Try It Out!

The following activities are great ways for schools to further enhance their focus on whole milk:

1. **Swap Challenge:** Make the whole milk switch! Challenge students to get creative with a smoothie recipe challenge.
2. **Harvest to Hallways:** Work with local farmers and producers to identify and implement ongoing supply chains for locally sourced milk. Include menu boards or signs that feature the local source to help students understand where their milk comes from.
3. **Taste Test ‘Try Day’ Event:** Set up a milk sampling station with small cups to taste different types of milk, including whole milk. Students taste each and vote for their favorite.
4. **Reflection Prompt:** Imagine your school kitchen as a way to make a positive change: What operational changes do you need to consider to successfully offer whole milk? Consider storage requirements, purchasing local, and menu changes.

Helpful Tools

- [Eat Real Food Toolkit](#)
- [Crediting Milk in Child Nutrition Programs](#)
- [Food Buying Guide for Child Nutrition Programs](#)
- [Taste-Testing Event Resources](#)
- [Growing Strong With Milk](#)
- The Real Food Guide To [School Breakfast](#) and [School Lunch](#)
- Posters: [Today’s Breakfast](#) and [Today’s Lunch](#)
- [Tips for Procuring Whole Foods](#)
- [Child Nutrition Programs Food Industry Toolkit](#)
- [Expanding Fluid Milk Options in Child Nutrition Programs](#)

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