

GREAT NEWS!

Your school may now offer
WHOLE and **2%** Milk for lunch!
Now you can pick your favorite way to
enjoy milk's great nutrition!



**All real cow's milk provides
13 essential nutrients:**

- potassium
- iodine
- selenium
- zinc
- vitamin B12
- niacin
- riboflavin
- pantothenic acid
- protein
- calcium
- vitamin D
- vitamin A
- phosphorus