



# TOP 10 GRAB & GO SCHOOL RECIPES: KID TESTED & APPROVED

School meals nourish millions of students daily helping them get the nutrients they need for growth and development. Check out our top 10 school recipes that are kid tested and approved!

## BREAKFAST

- [Lemon Blueberry Chia Parfait](#)
- [Apple Pie Overnight Oats](#)
- [Greek Yogurt Banana Muffins](#)
- [Peaches-n-Cream Waffle Dunkers](#)
- [Yogurt & Fruit Smoothies](#)

## LUNCH

- [Fiesta Parfait and/or Buffalo Chicken Parfait](#)
- [Chicken Flatbread Bento Box](#)
- [Sriracha Chicken Salad Wrap](#)
- [Creamy Broccoli Cranberry Salad](#)
- [Chipotle BBQ Three Bean Salad](#)

## DAIRY'S NUTRITIONAL VALUE

Milk, cheese and yogurt contribute important nutrients for children's growth and development and the school meal programs are a very important insurance plan to help students get their recommended 3 servings of dairy every day.<sup>1</sup> In fact, low-fat and fat-free milk is an integral part of the federal school meal programs because of its nutrient package – providing the No. 1 food source for 3 out of the 4 nutrients of concern and a good or excellent source of 9 essential nutrients.<sup>2</sup> Dairy foods have been linked to health benefits, such as reduced risk of cardiovascular disease and type 2 diabetes, and dairy food consumption has been linked to improved bone health, especially in children and adolescents.<sup>1</sup>

## DAIRY'S PORTABILITY

Dairy is an incredibly portable product and can be easily incorporated into to-go meals. Check out these [breakfast baskets](#) or [bento boxes](#) for inspiration!



For more delicious school recipes, visit [fueluptoplay60.com](http://fueluptoplay60.com) or check with your local dairy council.

References: 1. USDA, HHS. 2015-2020 Dietary Guidelines for Americans <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>. Published 2016. 2. O'Neil et al. *Nutrients* 2018, 10, 1050; doi:10.3390/nu10081050

