

October is National Farm to School Month

West Virginia Dairy Farm to School Kit

Connect your students – in the cafeteria and in the classroom - to West Virginia's dairy farmers who produce milk and other dairy foods!



The American Dairy Association Mideast, West Virginia Department of Agriculture and West Virginia Department of Education are pleased to provide your school with this West Virginia Dairy Farm to School kit.

The kit includes:

- 1 Dairy Foods from Farm to Table mini poster (8.5"x11")
- 1 Made for West Virginia mini poster (8.5"x11")
- 11 Dairy Fun Fact mini posters (8.5"x11")
- 4 USDA-approved dairy recipes for the cafeteria

To celebrate National Farm to School month, use the kit contents in your cafeteria to highlight the many dairy foods made for West Virginia.



For Additional Resources visit

Drink-Milk.com

USDairy.com

MADE FOR WEST VIRGINIA

The United States is home to nearly 29,000 dairy farms and numerous dairy companies that bottle milk or make cheese, yogurt or other dairy foods. Products from the dairy companies shown below are available in major supermarkets near you. West Virginia is home to about 30 dairy farms, is there one in your county?



DAIRY FOODS FROM FARM TO TABLE



Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from West Virginia dairy farms to your table!

REAL MILK STARTS ON THE FARM

Nutritious dairy foods begin with dairy farmers who provide **excellent care** to their cows and land.

West Virginia is home to about **5,000 dairy cows & 30 dairy farms**

94% of U.S. dairy farms are family-owned

MILK TRAVELS TO THE DAIRY PLANT

To ensure freshness, milk is transported from the farm to the dairy plant at least every **24-48 hours** by insulated trucks. Milk must pass rigorous tests to ensure **quality and safety**.

Dairy foods are among the **safest & most tested** foods in the U.S.

Once it is **pasteurized**, the milk is ready to be bottled or made into cheese, yogurt, and other dairy foods.



DELIVERED FRESH

Milk arrives at your grocery store in as little as **48 hours** or at your school within **72 hours** after leaving the farm.

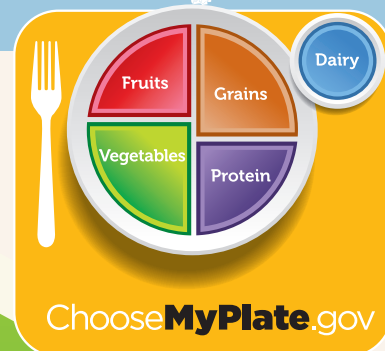
MILK MAKES THE GRADE

Milk contains 13 essential nutrients, including **protein, vitamin D and calcium!**

There are about **29,000 U.S. dairy farms**

West Virginia dairy farms produce about **8.7 million gallons of milk annually**

SUPERMARKET



American Dairy Association
MID-EAST



DAIRY FUN FACTS



**Milk is fresh
and local all
year long!**

**Farmers work hard
24/7 to provide the
best care for their cows
- even on holidays!**



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DAIRY FUN FACTS



Milk helps build strong bones and teeth!



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DAIRY FUN FACTS



**Cows can smell food up to
6 miles away!**



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DAIRY FUN FACTS



October is National

CHEESE
Month

It takes **20** glasses of milk
to make **1** pound of cheese.



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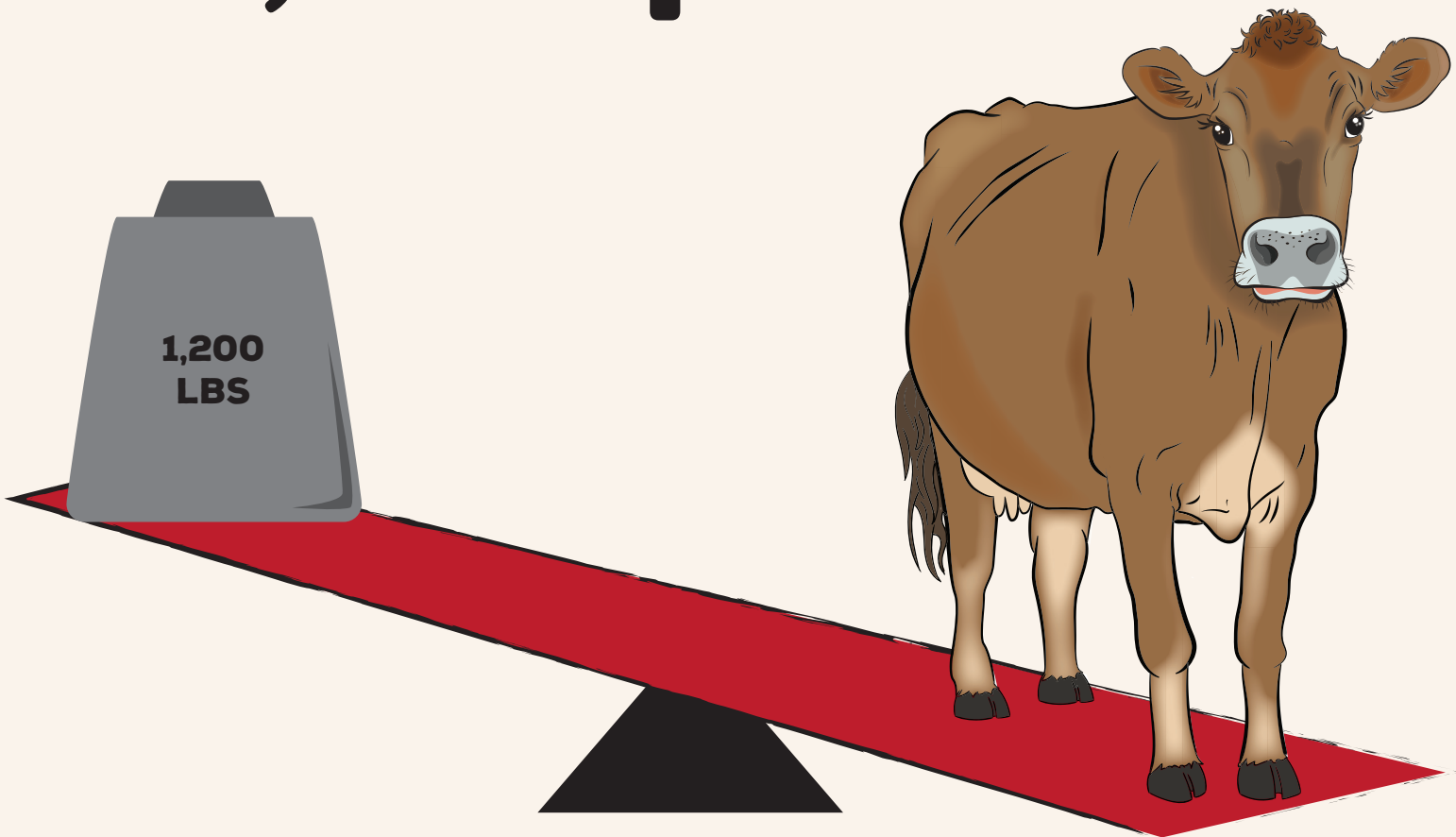


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DAIRY FUN FACTS



**An average dairy
cow weighs
1,200 pounds!**

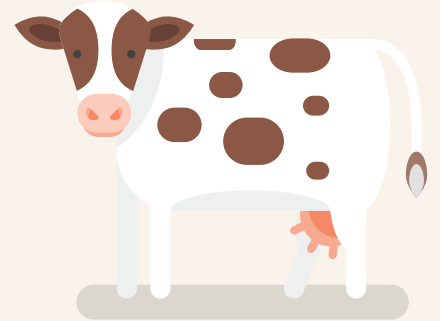
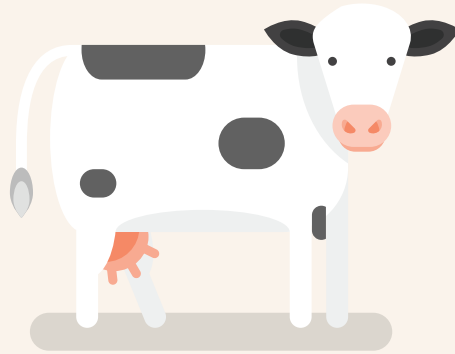
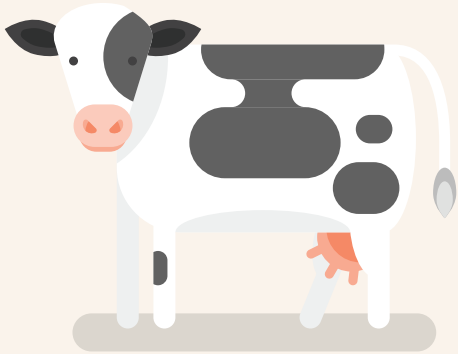


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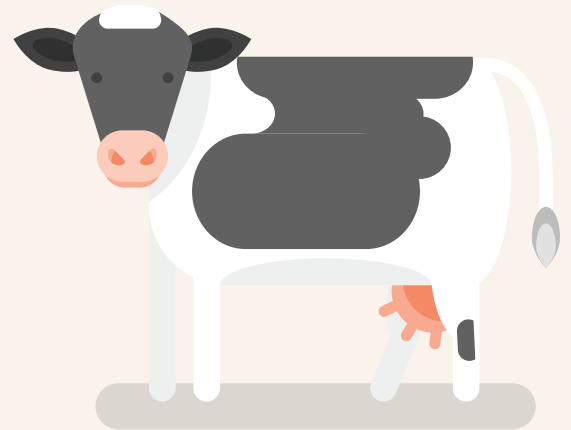
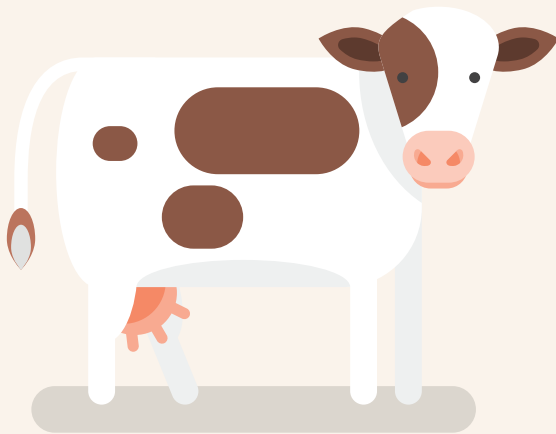


 American
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MIDEAST

DAIRY FUN FACTS



**No two cows have
the same spots!**



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DAIRY FUN FACTS



**Milk arrives at your school in
as little as 3 days
after leaving the farm.**



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DAIRY FUN FACTS



1 cow
makes enough milk
to fill more than
100 glasses
each day!



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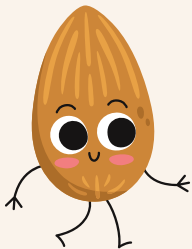


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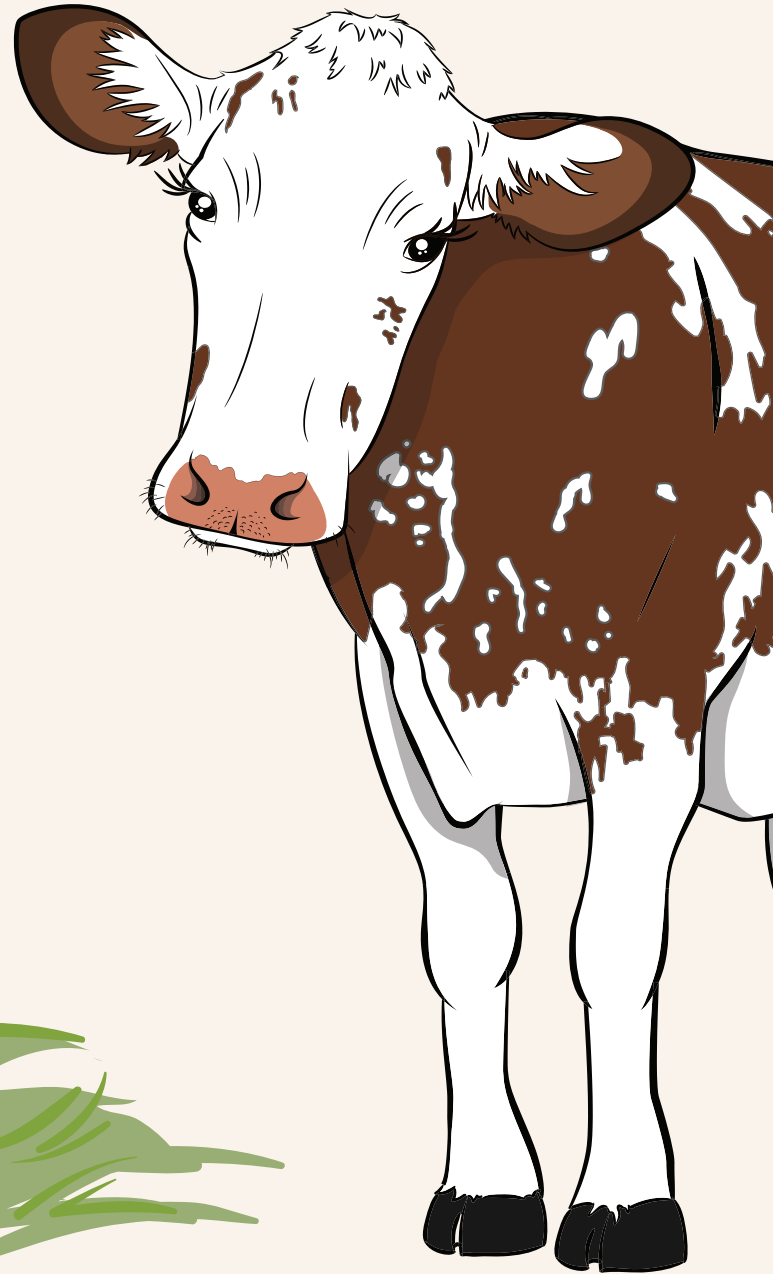
DAIRY FUN FACTS



**80% of what
dairy cows eat
can't be eaten
by people!**



For example:
We eat almonds,
and cows eat the
almond hulls.



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DAIRY FUN FACTS



All cow's milk has the same amount of protein, vitamins and minerals.



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DAIRY FUN FACTS



Cow manure is a valuable resource!



**Farmers can use
manure as a
natural fertilizer
to grow crops,
like corn.**



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Apple Pie Overnight Oats



Apple Pie Overnight Oats

Breakfast

Recipe HACCP Process: #1 No Cook

Ingredients	50 Servings		Directions
	Weight	Measure	
Oats, rolled, unenriched, quick cooking		3 qts. + ½ cup	<ol style="list-style-type: none">1. In large mixer, combine dry oats, yogurt, milk and cinnamon2. Stir in fruit3. Measure 10 oz. portion into cups.4. Place lids on cups and chill overnight. CCP: Maintain at 41° F or lower within 4 hours.5. Optional: Add spices such as nutmeg, or other flavoring for variety. Garnish with sprinkle of cinnamon.
Yogurt, lowfat vanilla		6 qts. + 8 oz.	
Milk, 1% white		6 cups + 4 oz.	
Cinnamon, ground		2 Tbsp. + ¼ tsp.	
Applesauce, unsweetened		2 #10 cans	

Serving:

Provides ½ cup fruit, 1 grain equivalent and 1 meat/meat alternate

Yield:

50 servings:

Volume:

50 servings:
3 gals. + 3½ qts. + 4 oz.

Nutrients Per Serving

Calories	209 kcal	Saturated Fat	1.32 g	Iron	0.50 mg
Protein	9.37 g	Cholesterol	9 mg	Calcium	264.17 mg
Carbohydrates	39.42 g	Vitamin A	174.7 IU	Sodium	121 mg
Total Fat	2.63 g	Vitamin C	1.5 mg	Dietary Fiber	3.03 g



Buffalo Chicken Parfait



Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Yogurt, plain, fat-free	3 qt. + 4 oz.	1. Mix yogurt with all spices. Set aside.
Onion powder	2 Tbsp.	2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside
Garlic, granulated	¼ oz.	3. Clean celery. Remove tops and cut into 6 inch sticks.
Pepper, black, ground	½ tsp.	4. Using an 8-9 oz. clear cup, layer: ½ cup ranch flavored yogurt
Chives, freeze-dried	1 tsp.	1 oz. chicken mixture
Parsley, dried	1 Tbsp.	1 oz. Cheddar cheese
Chicken, diced, cooked	2 lbs. + 4 oz.	Place 4 celery sticks into cups
Hot sauce	2 oz.	
Celery, raw	4-½ lb.	
Cheese, Cheddar, shredded	2 lbs. + 4 oz.	

Notes:

Serving:

1 serving provides 3 oz. meat/meat alternate and
½ cup vegetable.

Yield:

25 servings

Nutrients Per Serving

Calories	250 kcal	Saturated Fat	6 g	Iron	4% DV
Protein	27 g	Cholesterol	60 mg	Calcium	30% DV
Carbohydrates	14 g	Vitamin A	2% DV	Sodium	560 mg
Total Fat	11 g	Vitamin C	15% DV	Dietary Fiber	1 g



Fiesta Parfait



Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Beans, canned Pinto, drained	12-½ cups	1. Drain and rinse beans. Set aside.
Yogurt, plain low-fat	6-¼ lbs.	2. Mix yogurt with Mexican seasoning. Set aside.
Mexican seasoning	¼ cup	3. Layer into 12 oz. clear cups:
Salsa, low-sodium	9 cups + 6 Tbsp.	½ cup drained beans
Lettuce, iceberg	14 oz.	½ cup seasoned yogurt
Cheese, Cheddar, shredded	6-½ oz.	¾ cup salsa (6 Tbsp)
		¼ cup shredded lettuce (credits ⅓ cup)
		Garnish with 1 Tbsp. Cheddar cheese

Notes:

Serve with tortilla chips for dipping

Serving:	Yield:
12 oz. cup portion meets 1 meat/meat alternative and 2 vegetable servings	25 servings

Nutrients Per Serving					
Calories	160 kcal	Saturated Fat	2 g	Iron	0% DV
Protein	11 g	Cholesterol	12 mg	Calcium	20% DV
Carbohydrates	20 g	Vitamin A	4% DV	Sodium	270 mg
Total Fat	3 g	Vitamin C	2% DV	Dietary Fiber	5 g



Lemon Blueberry Chia Parfait



Lemon Blueberry Chia Parfait

Breakfast

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Lemon juice, fresh or reconstituted	½ cup	1. Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight.
Low-fat or fat-free milk	2 qt. + 1-¾ cups	2. Mix the chia pudding and the yogurt.
Chia seeds	1 cup	3. To make parfait: Layer ¾ cup pudding/yogurt mix (bottom layer), then ½ cup crushed graham crackers, then top with ½ cup blueberries.
Cereals, regular or quick oats, dry	1 qt. + 2-¼ cups	4. Hold at 41° F. or less (CCP)
Yogurt, low-fat, Greek vanilla	6 lbs. + 4 oz.	
Graham crackers, crushed, plain or honey*	12-½ cups	
Blueberries, fresh or frozen**	3 qt. + ½ cup	

Notes:

* 8 whole graham crackers equal approximately 1 cup crushed. Graham cracker crumbs can be substituted for another 1 oz. grain such as teddy grahams, cheerios, or crushed graham pieces.

** Frozen blueberries must be thawed and drained before using. Other fruits can be substituted for blueberries.

Serving:	Yield:	Volume:
Meets 1 meat/meat alternate, 2 grain serving and ½ cup fruit.	25 servings	

Nutrients Per Serving

Calories	625 kcal	Saturated Fat	3.74 g	Iron	4.91 mg
Protein	15.61 g	Cholesterol	11.14 mg	Calcium	601.89 mg
Carbohydrates	106.35 g	Vitamin A	1697.27 IU	Sodium	386.62 mg
Total Fat	14.92 g	Vitamin C	10.85 mg	Dietary Fiber	10.92 g