

Dairy



Calcium helps your body make energy.
If you don't get enough, your body will
take it from your bones!

Where can you find dairy on your menu?

- Low-Fat and Fat-Free Milk
- Low-Fat Yogurt
- Mozzarella Cheese
- Cheddar Cheese

Dairy Activity



Scan the QR code
with your phone's
camera to learn more!

Did you Know?

The Dairy food group also includes lactose free milk and calcium fortified foods like Soy milk. DCPS can accommodate these needs for students who require them.

The dairy food group are loaded with calcium. Calcium helps with bone development, which keeps bones strong and healthy!

Cheese is not only made from cow's milk but also from the milk of goats, buffalos, camels and sheep.

The dairy food group are great sources of protein & Vitamin D.

#YourTrayYourWay

