

Prairie Farms School Milk Activity Sheet Instructions

For Food Service Directors – August–October 2025

Thank you for helping bring dairy nutrition to life in your school! Below are instructions for collecting and submitting student activity sheets for the optional contests.

Optional Milk Carton Contest (Grades 9-12)

Please have students return their milk carton designs directly to you.

Entering is Easy!

Just take a photo of each completed sheet and upload here:



Winning classes will receive
FREE chocolate milk half pints,
AND Prairie Farms swag!



What's Included in the Activity Sheets

Grade Level

K-5

6-8

9-12

Activity Highlights

Coloring, word search, milk carton design

Meme creation, true/false nutrition quiz, comic strip

Milk carton design, milk slogan challenge, nutrition myth busters

Middle School Answer Key

Here are the answers to the Nutrition Fact vs. Fiction quiz:

1. Milk and dairy products are the best source of dietary calcium — **TRUE**
2. Chocolate milk comes from brown cows — **FALSE**
3. Milk is a rich source of Vitamin C — **FALSE**
4. Fortified milk is a good source of Vitamin D — **TRUE**

Optional Meme Contest (Grades 6-8)

Want to add an extra layer of fun? Run a “Funniest Meme” Class Contest!



- Let students complete the “Make a Meme” activity
- Choose one winner from your school by October 1st

Winning classes will receive **FREE** chocolate milk half pints **AND** Prairie Farms swag! Our Prairie Farms team will coordinate delivery or apply a credit.

Scan Now



Upload the winning entry here

Thank you for helping us celebrate school milk in a creative, engaging way!

Questions? Email: Ohappel@prairiefarms.com



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prairiefarms.com/schoolmilk