

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

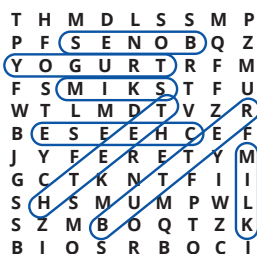
Activity Highlights

Coloring, word search, maze

Joke prompt, Would You Rather?, new milk flavor idea, comic strip

Milk carton design, fill-in-the-blank, best milk combo prompt

K-5 Answer Key



9-12 Answer Key

1. Protein
2. Calcium
3. Vitamin D
4. Phosphorus
5. Riboflavin
6. Vitamin A
7. Vitamin B12
8. Potassium
9. Iodine
10. Zinc
11. Selenium
12. Niacin
13. Pantothenic acid



Optional Joke Contest (Grades 6-8)

- Let students complete a "Funniest Joke" Class Contest!
- Complete the joke prompt and choose one winner from your school by January 15th
- Upload the winning entry here:

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

Our Prairie Farms team will coordinate delivery or apply a credit.

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

Questions? Email: Ohappel@prairiefarms.com



FUEL UP WITH PRAIRIE FARMS SCHOOL MILK

prairiefarms.com/schoolmilk