

Prairie Farms School Milk Activity Sheet Instructions

For Food Service Directors – February 2026 - April 2026

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)

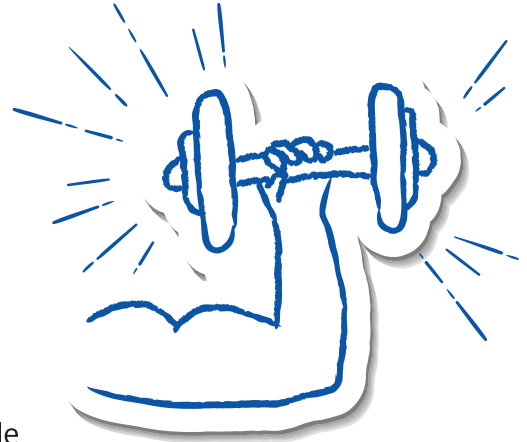
Please have students return their milk carton designs directly to you.

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, and word scramble

Joke prompt, trivia, and comic strip

Milk carton design, milk quiz, and make a meme

K-5 Answer Key

MILK	P	K	S	U	K	M	Y	L	C	E
BARN	L	C	H	E	E	S	E	H	M	T
CHEESE	D	P	E	C	O	V	L	K	I	R
CORN	O	W	I	L	C	B	U	L	L	Y
COW	E	E	F	C	C	N	Y	C	K	O
YOGURT	C	R	E	H	L	G	S	O	H	V
HEIFER	O	S	R	Y	O	G	U	R	T	F
BULL	W	T	T	S	L	J	U	N	G	Y
	G	O	W	B	A	R	N	D	D	R
	Y	D	R	K	I	N	Y	D	Y	G

WORD SCRAMBLE

- | | |
|------------|------------|
| 1. milking | 5. cheese |
| 2. cows | 6. butter |
| 3. cream | 7. yogurt |
| 4. dairy | 8. calcium |

6-8 Answer Key

1. 12-14 hours a day resting 2. True 3. Chocolate milk

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 May 15th
- Upload the winning entry here:



9-12 Answer Key

1. Lactose 2. Holstein 3. Water 4. Calcium

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