

STRONG SEASON

POWERED BY PRAIRIE FARMS

No debates. Just pick one.
(But also, some of these have a right answer.)

Eggnog
OR
hot cocoa made with Prairie Farms Whole Milk?

Mashed potatoes
OR
mac and cheese?

Holiday cookies
OR
a cold glass of whole milk?

Sleep in on winter break
OR
wake up early and actually do something?

Chocolate milk
OR
white milk after a workout?

Holiday playlist on shuffle
OR
you control every song?

Grab a carton at lunch
OR
forget and regret it by 6th period?

HOW MUCH DO YOU KNOW ABOUT WHAT FUELS YOU?

1. How much protein is in one serving of Prairie Farms 2% milk?

a. 2g b. 5g c. 8g d. 12g

2. Which nutrient in milk is most important for bone density?

a. Vitamin C
b. Calcium
c. Iron
d. Potassium

3. Milk produced locally travels fewer miles to reach your school than national brands.

a. True b. False

4. How many bones in the human body does calcium help support?

a. 50
b. 106
c. 206
d. 312

WOULD YOU RATHER? HOLIDAY EDITION

No wrong answers. Except maybe some of these.

☐ Drink a gallon of egg nog
OR
☐ switch to Prairie Farms Whole Milk for a month straight?

☐ have unlimited Prairie Farms Chocolate Milk for the rest of the year
OR
☐ a personalized holiday playlist curated by your cafeteria?

FARMER OWNED Prairie Farms®

NEW YEAR COMING. STRONG BONES, 8G PROTEIN, MADE CLOSE TO HOME.
PRAIRIE FARMS FUELS STUDENTS ALL SEASON LONG.

Return your sheet to the Food Service Director for the answers! **PrairieFarms.com/SchoolMilk** **9-12**