

### **From Your Neighborhood Cows**

You may have heard about the beautiful, locally grown fruit and vegetable choices served in Prince William County Schools (PWCS), but did you know the milk we serve is local too? That's right! Your milk comes from Virginia cows, and you can select a carton as part of a complete school meal. It is also free of growth hormones.

Milk provides students with the vitamin D, calcium and protein they need to grow and build strong bones. It is recommended that children ages 4-8 consume 2.5 servings of dairy each day, while those between the ages of 9 and 18 should consume 3 servings of dairy every day. Choosing milk as part of a complete school breakfast and lunch allows students the opportunity to drink up to 2 of their daily dairy servings at school.

PWCS elementary schools are celebrating milk in the month of February with our Milk Mustache Day and Cow Giveaway! On February 2<sup>nd</sup>, breakfast buyers will get a milk mustache sticker to wear, and on the 8<sup>th</sup> and 15<sup>th</sup>, breakfast buyers who take milk with their breakfast will have the chance to win a stuffed cow. Come celebrate with us and grab a milk to add to your meal!

