

### 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 it is free of growth hormones. You can select a carton as part of a complete school meal!

Less than 80% of middle and high school students take milk with their school meals. **What are they drinking instead?** Many consume sugar-sweetened beverages such as soda, sports drinks, fruit punch and energy drinks. These beverages all have one thing in common- added sugar. According to the American Heart Association, added sugar, such as high fructose corn syrup, has been linked to higher risks of diabetes and heart disease.

**Why is milk a good choice?** Milk provides students with the vitamin D, calcium and protein they need to grow and build strong bones. It is recommended that kids between the ages of 9 and 18 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. So don't forget to grab a milk with your school meal!

