

### Got Milk? We Do!

PWCS School Food and Nutrition Services offers milk for breakfast and lunch every day as part of a complete school meal. Students can also purchase milk a la carte for \$0.65. Milk is a great source of calcium, vitamin D, protein and potassium, and ours is growth hormone free! The intake of fat-free and low-fat milk and milk products has been linked to better bone health in children and adolescents. The 2015 Dietary Guidelines for Americans recommends 2.5 cups of milk daily for kids ages 4-8, and 3 cups daily for kids 9 years and older.

Your school cafeteria offers four choices of milk, including skim, low-fat 1%, fat-free chocolate and fat-free strawberry. Students with milk allergies may submit a medical statement from a recognized medical authority in order to obtain a nutritionally equivalent substitution, soy milk. For more information, contact School Food and Nutrition Services at 703.791.7314 or visit our website and click the “Special Diets” link at the top of the page.

Follow PWCS School Food and Nutrition Services on twitter (@PWCSNutrition) for more fun facts about school nutrition and other program information!

Source: Dietary Guidelines for Americans 2015

<http://health.gov/dietaryguidelines/2015/guidelines/introduction/>

