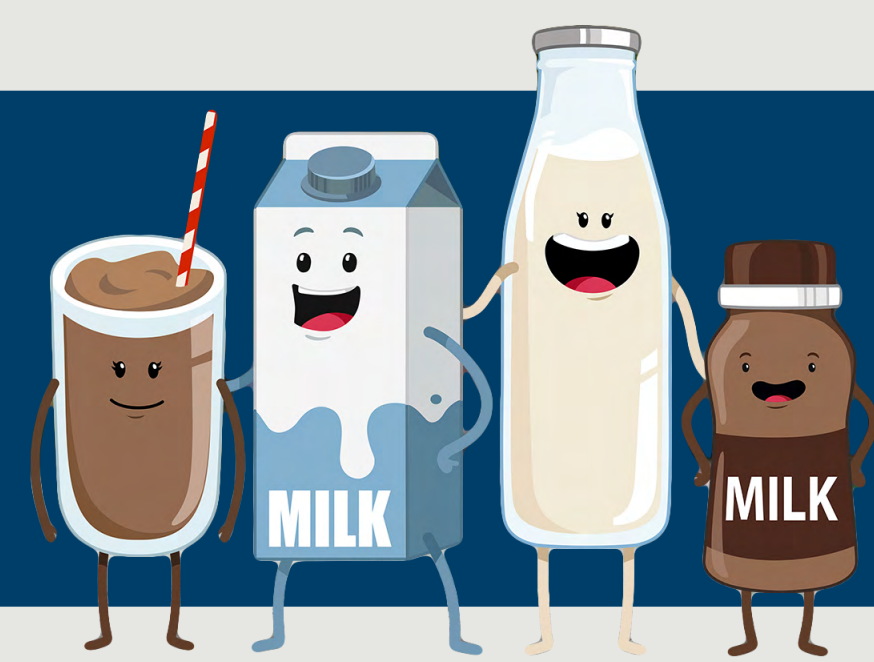




# 2024 Dairy Delicious Meals All Year Long



Can Increase Breakfast at High Schools by 5%

## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Happy New Year	2 National Cream Puff Day	3	4 National Spaghetti Day	5 National Whipped Cream Day	6
7	8	9	10	11 National Milk Day	12	13
14	15 National Strawberry Ice Cream Day	16	17	18	19	20 National Cheese Lover's Day
21	22	23	24	25	26	27
28	29	30	Nat'l Oatmeal Month Shape Up US Month			

**National Milk Day** | Happy #NationalMilkDay! Discover the Incredible Health Benefits of Milk! [TDA Health Benefits](#)  
**National Cheese Lover's Day** | Check out this Macaroni and Cheese recipe that has cauliflower purée, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper that are combined and baked for a new and exciting take on the ultimate cheese lover's meal! [ICN Macaroni and Cheese Recipe](#)

## February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lactose Intolerance Awareness Month						31
American Heart Month						1
4	5	6 National Frozen Yogurt Day	7 National Fettuccine Alfredo Day	8	9 National Pizza Day	10
11	12	13 National Cheddar Day	14 Valentine's Day	15	16	17
18	19	20 National Muffin Day	21	22 National Chili Day	23	24
25	26	27 National Strawberry Day	28	29	Children's Dental Health Month	

**National Pizza Day** | For National Pizza Day why not try something new? Take whole grain-rich pizza dough and vegetables baked in a muffin tin and topped with cheese. Pizza sauce is offered on the side for dipping: [ICN Pizza Club with Cheese Recipe](#)  
**National Cheddar Day** | Check out this recipe for Arroz Con Queso (Rice with Cheese) which consists of brown rice, pinto beans, and low-fat cheddar cheese blended to create a creamy comfort food for [#NationalCheddarDay](#): [ICN Arroz Con Queso Recipe](#)

## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Agriculture Month						1
National Nutrition Month						2
3	4	5	6 National Oreo Day	7 National Cereal Day	8	9
National School Breakfast Week • Mar 4-8						
10 Daylight Savings Time	11	12	13	14 International School Meals Day	15	16
17	18	19	20	21	22	23 National Chip & Dip Day
24	25	26	27	28	29	30
31	National Nutrition Month   #DYM milk serves as an energy and protein replacement for athletes. Check out how dairy enhances sports performance. Learn more about dairy's health benefits from <a href="#">@TheDairyAlliance</a> during <a href="#">#NationalNutritionMonth</a> : <a href="#">DA Dairy Sports Nutrition National School Breakfast Week</a> Upgrade your oatmeal during School Breakfast Week with this <a href="#">ICN recipe</a> for fruity oatmeal! Blend fresh fruit, dried cranberries, vanilla, and cinnamon into a hearty warm oatmeal that's likely to be hit: <a href="#">ICN Fruity Oatmeal</a>					

Power Up Meals with Reimbursable SMOOTHIES

## April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
National Public Health Week • Apr 1-5						
8	9	10 National Farm Animals Day	11 Cheese Fondue Day	12 Grilled Cheese Sandwich Day	13	14
15	16	17 National Cheeseball Day	18 National Animal Cracker Day	19	20	21
22	23 Picnic Day	24	25	26	27	28
29	30	31	National Grilled Cheese Month			

**National Burrito Day** | Enjoy Mexican on Burrito Day! Check out this beef burrito with pepper jack cheese and black beans: [TDA Beef Burrito with Pepper Jack Cheese](#)  
**National Grilled Cheese Sandwich Day** | [#NationalGrilledCheeseSandwichDay](#), we added tomatoes, spinach and Italian spices to create our Tuscan Grilled Cheese Sandwich: [ICN Tuscan Grill Cheese Sandwich Recipe](#)  
**Earth Day** | #DYK there are virtual field trips to visit a dairy farm and learn how cows are cared for and farmers care for the [#EarthDay](#) every day check it out [@thedairyalliance](#): [TDA Virtual Farm Trip](#)

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Osteoporosis Awareness Month						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	National Physical Fitness and Sports Month				

**National Hamburger Month** | Put cheese on a burger and you have dairy for that meal. Find out how the cheeseburger came to be a favorite meal: [TDA History of the Cheeseburger](#)  
**Cinco de Mayo** | This will be a hit with your student! Beef Taco Pie contains lean ground beef combined with salsa, tomato purée, brown rice, and spices then topped with cheese and baked: [ICN Beef Taco Pie Recipe](#)

## June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National DAIRY Month						1 World Milk Day
2	3	4	5	6	7	8
9	10	11 National Cheese Day	12 National Smoothie Day	13	14 National Chocolate Ice Cream Day	15
16 Happy Fathers Day	17	18	19	20 National Vanilla Milkshake Day	21	22
23	24	25	26 National Chocolate Pudding Day	27	28	29
30	World Milk Day   On <a href="#">#WorldMilkDay</a> , learn about milk impersonators <a href="#">@TheDairyAlliance</a> , while milk-alternative beverages can be a good source of plant protein- they don't offer all the healthy nutrients found in milk: <a href="#">DA Milk</a> <b>National Smoothie Day</b>   This two-ingredient smoothie is perfect at breakfast, lunch, or any time! <a href="#">ICN Peach Smoothie Recipe</a>					

STRIVE FOR 35° for Cold Milk

## July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 The 4th of July Independence Day	5	6	7
8	9	10	11	12 National French Fry Day	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	National Ice Cream Month National Picnic Month			

**National Ice Cream Day** | Make ice cream at home without an ice cream freezer from [@TheDairyAlliance](#) recipe for No Churn Milk and Cookies Ice Cream for [#NationalIceCreamDay](#): [TDA No Churn Milk and Cookies Ice Cream](#)

## August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Back to School Month						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Farmer's Market Week • Aug 4-10				

**National Chocolate Chip Cookie Day** | Pair chocolate chip cookies with milk, yogurt or ice cream for [#NationalChocolateChipCookieDay](#). Even people with milk intolerance can often enjoy other forms of dairy: [TDA Lactose Intolerance](#)  
**National Waffle Day** | #DYKNationalWaffleDay is the best time to start giving your students a new twist on a favorite. Use yogurt and fruit toppings to make a winning breakfast combination: [TDA Healthy Ways to Dress up a Waffle](#)

## September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Better Breakfast Month National Childhood Obesity Month				

**National Chocolate Milk Day** | Here are four fun, practical ways to incorporate chocolate milk into your diet. And no, brown cows do not make chocolate milk! [TDA Healthy Ways to Dress up a Waffle](#)  
**World School Milk Day** | Today is [#WorldSchoolMilkDay](#)! Whether your kids are at school or at home, [@thedairyalliance](#) has dozens of free downloadable resources for kids to learn about dairy's journey from farm to fridge: [TDA Dairy in Schools](#)

Let The Dairy Alliance Help With TRAINING

## October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Farm to School Month						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	National Pizza Month				

**National Chili Month** | Family and friends will love hearty chili topped with sour cream and cheese this fall. Corn Muffins complement the chili as a satisfying side dish: [TDA Snuggly the Snuggly Snuggly Snuggly Snuggly](#)  
**National Farmer's Day** | On [#NationalFarmersDay](#), learn from [@thedairyalliance](#) about Dairy Farm Families of the Southeast who work hard to provide nutritious milk to schools and communities every day: [TDA Meet Our Dairy Farmers](#)

## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eat Smart Month						1
American Diabetes Awareness Month						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**National Sandwich Day** | Served for breakfast, lunch, or dinner, sandwiches are a quick yet tasty bite. They are the perfect way to add cheese and vegetables to make a complete meal. Check out these recipes for some ideas: [TDA Sandwiches for an Eat](#)  
**National Parfait Day** | This seasonal sensation of fresh fruit and creamy yogurt topped off with crunchy granola is a sweet treat any time of day: [ICN Seasonal Fruit and Yogurt Parfait Recipe](#)

## December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	National Pear Month Worldwide Food Service Safety Month			

**National Pear Month** | Cheese goes well with pears, apples, and crisp fruits. Try this cheese, pear, and cranberry muffin for a sweet and savory taste. Include a glass of milk and breakfast is ready: [TDA Cheesy Pear Cranberry Muffin Recipe](#)  
**National Cocoa Day** | Pour a steaming mug of hot cocoa on [#NationalCocoaDay](#)! Check out [@thedairyalliance's](#) delicious recipes - all made with real milk! [TDA Hot Chocolate Recipe](#)