

# CELEBRATE WITH DAIRY

## GET MOOVING IN THE RIGHT DIRECTION!

Don't forget the dairy in your next classroom or school celebration. Kids are more likely to try snacks if they create them, so make sure to involve students in the process! Including three servings of dairy each day helps kids get the vitamins and minerals they need for their growing bodies.



## RECIPES



### CHEESE, VEGGIE & FRUIT KABOBS

Cheddar OR Monterey Jack cheese slices  
Assorted fruit and veggies

Use small cookie cutters to cut cheese and fruit slices into shapes. When building, start with the cheese, follow with a fruit and alternate until the skewer is full.



### MINI FRUIT TACOS

5 mini tortilla shells  
8 oz vanilla Greek yogurt  
4 oz - 1/3 less fat cream cheese  
1/2 C strawberries, sliced    3 kiwi, diced  
1/2 C pineapple, sliced    1/2 C blueberries

Optional: almonds, toasted coconut, chocolate chips, granola

Combine yogurt and cream cheese until smooth. Spoon yogurt and cream cheese mixture on tortilla shells. Add fruit and optional ingredients.



### CREATE YOUR OWN PIZZA

Choose your dough:

- Small whole grain pita
- English muffin

Choose your toppings: **GET CREATIVE!**

- Sauce
- Cheddar cheese
- Mozzarella cheese
- Tomatoes
- Broccoli
- Bell peppers
- Pineapple

Cut up fruit and veggies and place in separate bowls.

Select dough, and spread out sauce to cover.

Top with your favorite toppings and lots of cheese.

Place in toaster oven or traditional oven at 375°F for 10 minutes or until cheese melts.



### FROZEN YOGURT FRUIT

Vanilla flavored Greek yogurt  
Favorite mixture of berries

Use a toothpick to dip your berries into the yogurt and another toothpick to help slide the berries onto a cookie sheet with wax paper. Freeze the berries until the yogurt hardens.



### YOGURT POPSICLES

12 oz Vanilla Greek yogurt  
2 C favorite fruit  
Small paper cups and wooden sticks

Mash or blend fruit, and fold into yogurt. Pour into paper cups, cover with foil and place wooden sticks through foil into center of each cup. Freeze until firm.

**For more recipes, visit  
FloridaMilk.com**

# PARFAIT YOUR WAY

## YOGURT PARFAITS ARE EASY AS 1-2-3!

Host a yogurt parfait bar for your next classroom or school celebration. Each parfait creation made adds more fun and personality to snack time! Choose a variety of yogurt, fruit, grains and fun toppings. Check with your school cafeteria to help purchase ingredients in bulk and pre-prepped items. Provide each student with a cup, and encourage them to alternate their layers.



### YOGURT

- PICK YOUR FAVORITE FLAVOR
- TRY GREEK YOGURT FOR DOUBLE THE PROTEIN



### FRUIT

- PICK YOUR FAVORITE FRUIT COMBINATION:
  - MANGO
  - STRAWBERRY
  - BLUEBERRY
  - RASPBERRY
  - PEACH
  - PINEAPPLE



### GRAINS

- LOW FAT GRANOLA
- WHOLE GRAIN CEREAL



### EXTRAS

- SHREDDED COCONUT
- CRUSHED GRAHAM CRACKERS
- HONEY
- CINNAMON

## MIX IT UP

Smoothies are a refreshing healthy treat that can be created with endless combinations. Encourage classroom celebrations with a smoothie themed drink. Purchase ingredients available through your school cafeteria or in bulk to save on cost. Let students help measure ingredients to build their smoothie. Send the recipe home for families to add to their collection.



### WHAT MAKES IT GREAT



milk and yogurt



blend fresh fruit



add fun additions

#### TROPICAL TREAT SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1/3 C MANGO
- 1/3 C PAPAYA
- 1/3 C PINEAPPLE

#### BRIGHT AS THE SUN SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1-2 T HONEY
- 1/2 C ORANGES
- 1 MEDIUM BANANA

#### BERRY DELICIOUS SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1/3 C STRAWBERRY
- 1/3 C BLUEBERRY
- 1/3 C BLACKBERRY

#### OATASTIC SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1/4 C OATMEAL
- 1/3 C RASPBERRY
- 1 SMALL BANANA