**Milk Matters!**
**Tasty LUNCH Ideas**

**Why are milk, cheese, and yogurt healthy choices for your child to eat?**
- Help muscles move and refuel after play
- Promote a healthy heart
- Build strong bones and teeth
- Provide nutrients for good health

**How much milk should your child drink?**
The amount your child needs depends on age. Here are daily recommendations by age.

<table>
<thead>
<tr>
<th>Age</th>
<th>Daily Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children ages 2 - 3</td>
<td>2 cups</td>
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<tr>
<td>Children ages 4 - 5</td>
<td>2 ½ cups</td>
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</tbody>
</table>

**There’s no power like Mom Power.** Help children develop healthy eating habits for life. Offer them fat-free (skim) or low-fat (1%) milk, cheese, and yogurt at meals and snacks.

**What other foods count as one cup of milk?**
- 1 cup low-fat (1%) yogurt
- 1 ½ ounces low-fat cheese
- ½ cup low-fat cheese, shredded

**Give your family milk for strong bodies and strong bones!**

**Macaroni and Cheese** (makes 6 child-size servings)
- 2 cups low-fat (1%) milk*
- 1 cup cooked macaroni
- 5 slices low-fat cheddar cheese,* diced

Mix milk and macaroni in a pot over low heat. Add cheese and stir until cheese melts.

**Grilled Cheese Sandwich** (makes 2 child-size servings)
- 1 slice of low-fat cheese*
- 2 slices of whole-wheat bread*
- 2 teaspoons butter

Put 1 slice of cheese between 2 slices of bread to make a sandwich. Melt butter in a small frying pan. Put the sandwich in the pan. Cook for 1 ½ minutes per side or until bread browns and cheese is melted.

**Creamy Tomato Soup** (makes 4 child-size servings)
- 1 can condensed tomato soup
- 1 can of 1% milk*

Make creamy tomato soup instead of classic tomato soup. In a small saucepan, add 1 can milk to 1 can soup. Heat on medium heat until warm. Stir frequently.

**For more information, go to** http://bit.ly/usda_milks

*WIC supplemental food

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