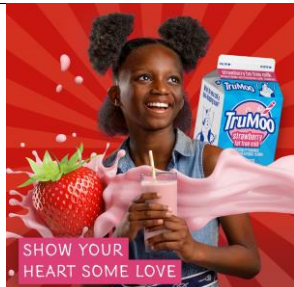
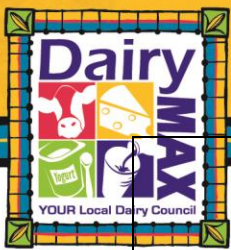


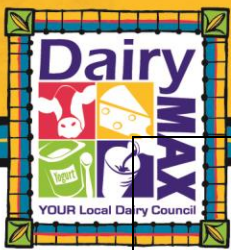
Social Media Toolkit Spring 2025

Download Dairy MAX Provided Social Media Photos and Video

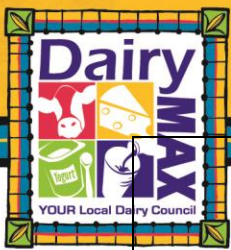
Date	Copy	Image/Video
January	❄️ It's chilly out there! Warm up with a delicious and nutritious school breakfast, complete with milk to keep you going all morning long. See you at school!	
January 11	Happy National Milk Day! 🥛 Did you know milk is packed with 13 essential nutrients, including protein to help power your day? Celebrate with a cold, refreshing glass of milk today! #NationalMilkDay	
January	🧠 Did you know? Milk helps support brain power with nutrients like B vitamins and protein. Start your day with a school breakfast and a carton of milk! #FuelForLearning #HealthyHabits	
February	Healthy Heart Month ❤️ Did you know? School meals include heart-healthy options that help you stay active and strong! Let's fuel up with good food and good vibes. #HeartHealthy #SchoolNutrition	



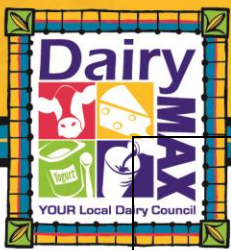
February 14	<p>♥ We're serving up some LOVE this Valentine's Day! ♥</p> <p>Show yourself some self-love with a healthy school lunch. It's packed with everything you need to feel your best! #ValentinesDay #SchoolLunchLove</p>	
February	<p>@DairyMax's Virtual Farm Tour gives you a dairy farm tour experience without the smells. Visit DairyTour360.com to see for yourself. #DairyFarm #DairyTour</p>	
Friday, February 28	<p>Next week is National School Breakfast Week! Make sure to eat at school next week! #NSBW25</p>	
Monday, March 3	<p>On the first day of National School Breakfast Week, we remind you that with a hot, delicious school breakfast, students are primed to start the day on the right foot. Studies show that students who eat breakfast are more focused throughout the day. #NSBW25</p>	
Tuesday, March 4	<p>Did you know that students who eat school breakfast are more likely to consume important vitamins and minerals? Eating breakfast regularly is linked to a greater intake of fiber, calcium, iron and vitamin C! #NSBW25</p>	



Wednesday, March 5	Smooth days start with smoothie mornings! #NSBW25	
Thursday, March 6	Start your day off strong with a school breakfast that's delicious and packed with nutrition. Eating breakfast = more energy for learning and fun! #NSBW2025 #FuelForSuccess	
Friday, March 7	Show of hands who loves yogurt parfaits? A healthy and delicious breakfast or snack. #NSBW25 #DairyAmazing	
March	Chocolate milk a sports drink? Heck yes! With natural electrolytes and the "golden ratio" of carbs to protein, chocolate milk is the sports drink nature intended. #BUILT	



April 12	<p>🧀 It's National Grilled Cheese Day!</p> <p>🧀 Celebrate this cheesy classic with us in the cafeteria today! Don't forget the milk to make it the perfect combo. #GrilledCheeseDay #CheesePlease</p>	<p>NATIONAL GRILLED CHEESE SANDWICH DAY</p>
April 22	<p>🌍 Celebrate Earth Day with milk! Dairy farmers are dedicated to sustainability, caring for their cows and the planet. Drink milk—it's good for you and good for the Earth! #EarthDay #SustainableNutrition</p>	
April	<p>🌸 Spring into good habits! A balanced school lunch, including milk, helps you stay active and focused. Let's make this season one of growth and health!</p>	
May 1	<p>To our principal and all school principals' thank you for all you do!</p> <p>📁</p>	
Friday, May 3	<p>Today we celebrate School Lunch Hero Day, a special day to recognize school nutrition professionals and the difference they make every day.</p>	



May	<p>🎓 The school year is winding down! Finish strong by making healthy choices at breakfast and lunch. Your success starts with good nutrition! #HealthyHabits #FuelYourFuture</p>	
June 1	<p>#WorldMilkDay! Milk is full of high-quality protein, which your body uses to build and repair tissue, including muscle!</p>	
June	<p>Understand the basics of balanced food using the MyPlate guide: Veggies, fruits, whole grains, lean proteins and low-fat dairy at https://www.myplate.gov/</p>	
June	<p>You did it! School is out for the summer. Celebration sundae anyone?</p>	
June	<p>🍌 Thank you for a great year! From breakfast to lunch, we loved serving meals that fueled your success. Have a healthy and happy summer! #SchoolMealsMatter #ThankYou</p>	