

D	A	I	R	Y
Vitamin D	1% Milk	Cheddar Cheese	Strawberry Milkshake	Ice Cream
Butter	Vitamin A	Parmesan Cheese	2% Milk	Squeezable Yogurt
Swiss Cheese	3 Glasses of Milk or Milk Products per day	FREE	Muenster Cheese	Cream Cheese
Frozen Yogurt	String Cheese	Greek Yogurt	Skim Milk	Strong Bones and Teeth
Cottage Cheese	Chocolate Milk	Mozzarella Cheese	8 oz. glass of low-fat milk	American Cheese

D	A	I	R	Y
Muenster Cheese	Ice Cream	3 Glasses of Milk or Milk Products per day	Swiss Cheese	8 oz. glass of low-fat milk
Strawberry Milkshake	Cream Cheese	Frozen Yogurt	Vitamin A	2% Milk
Whole Milk	Mozzarella Cheese	FREE	Butter	Cheddar Cheese
Skim Milk	Squeezable Yogurt	Parmesan Cheese	String Cheese	American Cheese
1% Milk	Vitamin D	Yogurt	Calcium	Chocolate Milk

D	A	I	R	Y
Muenster Cheese	Butter	Skim Milk	Calcium	2% Milk
1% Milk	Yogurt	Whole Milk	American Cheese	Vitamin A
Butter	String Cheese	FREE	Greek Yogurt	Squeezable Yogurt
Mozzarella Cheese	Frozen Yogurt	Cream Cheese	3 Glasses of Milk or Milk Products per day	Strong Bones and Teeth
8 oz. glass of low-fat milk	Swiss Cheese	Ice Cream	Cheddar Cheese	Parmesan Cheese