



Monthly Fun Facts

Find “Fun Facts” for each month of the year. Each one has activities, nutrition information, recipes and ideas for students and their families. Photocopy the Fun Facts on the backs of your school lunch menus or distribute as a newsletter or handout. Scroll down to find them all!

[Fun Facts for January](#)

- Vitamin D in the News
- January Fitness and You
- Super Bowl Sunday Hot Pizza Dip

[Fun Facts for February](#)

- February is Children's Dental Health Month
- Chocolate Milk: A Dental Health Hero
- Milk and Fruit a Must with Fast Food Kids' Meals
- Recipe: Chocolate-Cherry Smoothie
- Dental Health Challenge

[Fun Facts for March](#)

- Teach Kids About Portions
- School Breakfast: The Facts
- Recipe: Shamrock Milk Mixer
- Kids' Corner: Family Fun for St. Patrick's Day
- National School Breakfast Week

[Fun Facts for April](#)

- Earth Day Kitchen Tips for Saving the Planet
- Did You Know...? Recycling Fun Fact
- Recipe: One-Pot Cheesy Beans & Rice
- Kids' Corner: Websites about Protecting the Environment

[Fun Facts for May](#)

- May Is Osteoporosis Prevention Month
- Recipe: Easy, Cheesy Calzone
- Did You Know? Kids Make the Calcium Grade with Milk at Lunch
- Kids' Corner: Weight-Bearing Fun and Games

[Fun Facts for June](#)

- Nutritious Summer Snacks
- Recipe: Strawberry Frozen Yogurt Squares
- Did You Know...? Kids and Summer Weight Gain
- Kids' Corner: Visit a Dairy Farm

[Fun Facts for July](#)

- Travel-Friendly "Nutrition-on-the-Go!"
- Nutrition Bookshelf
- Strawberry-Watermelon Summer Smoothie

[Fun Facts for August](#)

- Make It Milk with Lunch
- Make Milk with Meals at Home the Rule, Too
- Salad on a Stick with Honey Mustard-Yogurt Dressing
- Nutrition Bookshelf: *The Mom's Guide to Meal Makeovers*

[Fun Facts for September](#)

- Study Shows Children Benefit from Flavored Milk
- Out-of-the-Ordinary After-school Snacks
- Marvelicious Mac and Cheese

[Fun Facts for October](#)

- Fall Ball: Soccer, Football and Snacks
- Creepy Black Forest Haunted Smoothie
- National School Lunch Week

[Fun Facts for November](#)

- Healthy Food Choices and Your Kids
- Nutrient-Rich Foods and Your Budget
- Recipe: Turkey Tetrazzini with Cheddar and Parmesan
- Kids' Corner: Thanksgiving Reading

[Fun Facts for December](#)

- 10 Tips for “Stepping More” During the Holidays
- Food Safety Reminder
- Caramel Hot Cocoa Recipe
- Kids' Corner: Holidays in the Kitchen