

Get Moooooving and Drink Your Milk!

PHOSPHORUS –
Works with calcium
and vitamin D to help
keep bones strong

RIBOFLAVIN –
Helps convert
food into energy

VITAMIN A – Important
for good vision, healthy
skin and a healthy
immune system

VITAMIN D – Helps absorb
calcium for healthy bones

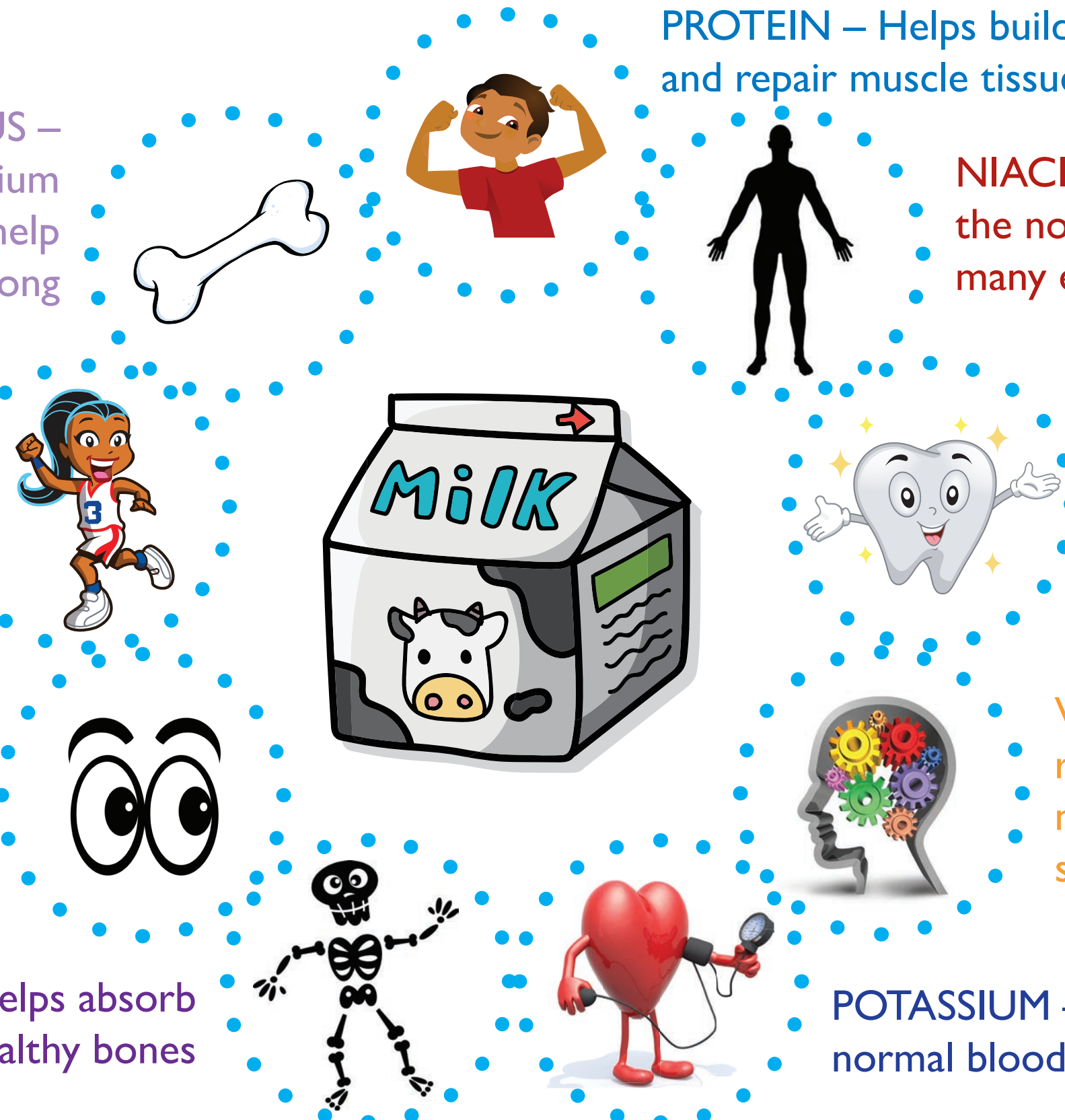
PROTEIN – Helps build
and repair muscle tissue

NIACIN – Important for
the normal function of
many enzymes in the body

CALCIUM – Helps
build and maintain
strong bones and teeth

VITAMIN B12 – Helps build
red blood cells and helps
maintain the central nervous
system

POTASSIUM – Helps maintain
normal blood pressure



You may choose
from
1% white milk
or
fat-free
chocolate milk