October is National Farm to School Month

Ohio Dairy Farm to School Kit

Connect your students – in the cafeteria and in the classroom - to Ohio’s dairy farmers who produce milk and other dairy foods!

The American Dairy Association Mideast, in collaboration with the Ohio Department of Education and the Ohio Department of Agriculture, is pleased to provide your school with an Ohio Dairy Farm to School kit.

The kit includes:

- 1 Dairy Foods from Farm to Table poster (24” x 36”)
- 1 Milk, Cheese, Yogurt - Made Right Here in Ohio poster (24” x 36”)
- 10 Dairy Fun Fact mini posters (8.5”x11”)
- 4 USDA-approved dairy recipes for the cafeteria

To celebrate National Farm to School month, use the kit contents in your cafeteria to highlight the many dairy foods made in Ohio.

For Additional Resources visit
Drink-Milk.com
USDairy.com
Ohio is home to about 1,550 dairy farms and nearly 65 dairy companies that bottle or make your favorite dairy foods! You can find products from the dairy companies shown below in major supermarkets near you.

Other Ohio dairy products can be found in your local grocery store!
REAL MILK STARTS ON THE FARM
Nutritious dairy foods begin with dairy farmers who provide excellent care to their cows and land.

94% of U.S. dairy farms are family-owned

MILK MAKES THE GRADE
Milk contains 13 essential nutrients, including protein, vitamin D and calcium!

Ohio ranks 11th in milk production

MILK TRAVELS TO THE DAIRY PLANT
To ensure freshness, milk is transported from the farm to the dairy plant at least every 24-48 hours by insulated trucks. Milk must pass rigorous tests to ensure quality and safety.

Dairy foods are among the safest & most tested foods in the U.S.

Once it is pasteurized, the milk is ready to be bottled or made into cheese, yogurt, and other dairy foods.

Ohio ranks 5th in the number of dairy food companies and 8 of these deliver milk directly to schools

Delivered Fresh
Milk arrives at your grocery store in as little as 48 hours or at your school within 72 hours after leaving the farm.

ChooseMyPlate.gov
Ohio makes more Swiss cheese than any other state!
Milk helps build strong bones and teeth!

Protein

Calcium
DAIRY FUN FACTS

Cows can smell food up to 6 miles away!
October is National Cheese Month

It takes 20 glasses of milk to make 1 pound of cheese.
An average dairy cow weighs 1,200 pounds!
DAIRY FUN FACTS

No two cows have the same spots!
DAIRY FUN FACTS

Milk arrives at your school in as little as 3 days after leaving the farm.
1 cow makes enough milk to fill more than 100 glasses each day!
80% of what dairy cows eat can’t be eaten by people!

For example: We eat almonds, and cows eat the almond hulls.
All cow’s milk has the same amount of protein, vitamins and minerals.
Apple Pie Overnight Oats

Ingredients

- Yogurt, lowfat
- Milk, 1% white
- Cinnamon, ground
- Applesauce, unsweetened
- Oats, rolled, unenriched, quick cooking

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Carbohydrates</th>
<th>Protein</th>
<th>Cholesterol</th>
<th>Iron</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>209</td>
<td>1.32 g</td>
<td>39.42 g</td>
<td>9.37 g</td>
<td>9 mg</td>
<td>0.50 mg</td>
<td>264.17 mg</td>
</tr>
</tbody>
</table>

Weight

Yield: 50 Servings

Volume:

- 3 g
- 3½ qts.
- 4 oz.

Directions

1. In a large mixer, combine dry oats, yogurt, milk and cinnamon.
2. Stir in fruit.
3. Measure 10 oz. portion into cups.
4. Place lids on cups and chill overnight. CCP: Maintain at 41°F or lower within 4 hours.
5. Optional: Add spices such as nutmeg, or other flavoring for variety. Garnish with a sprinkle of cinnamon.

Recipe HACCP Process: #1 No Cook

2 Tbsp. + ¼ tsp.
2 #10 cans
3 qts. + ½ cup
6 qts. + 8 oz.
6 cups + 4 oz.
# Apple Pie Overnight Oats

**Breakfast**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats, rolled, unenriched, quick cooking</td>
<td>3 qts. + ½ cup</td>
<td>1. In large mixer, combine dry oats, yogurt, milk and cinnamon</td>
</tr>
<tr>
<td>Yogurt, lowfat vanilla</td>
<td>6 qts. + 8 oz.</td>
<td>2. Stir in fruit</td>
</tr>
<tr>
<td>Milk, 1% white</td>
<td>6 cups + 4 oz.</td>
<td>3. Measure 10 oz. portion into cups.</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>2 Tbsp. + ¼ tsp.</td>
<td>4. Place lids on cups and chill overnight. CCP: Maintain at 41° F or lower within 4 hours.</td>
</tr>
<tr>
<td>Applesauce, unsweetened</td>
<td>2 #10 cans</td>
<td>5. Optional: Add spices such as nutmeg, or other flavoring for variety. Garnish with sprinkle of cinnamon.</td>
</tr>
</tbody>
</table>

## Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>50 Servings</th>
<th>Volume:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>209 kcal</td>
<td>Iron</td>
<td>0.50 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>9.37 g</td>
<td>Cholesterol</td>
<td>9 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>39.42 g</td>
<td>Vitamin A</td>
<td>174.7 IU</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.63 g</td>
<td>Vitamin C</td>
<td>1.5 mg</td>
</tr>
</tbody>
</table>

## Serving

- Provides ½ cup fruit, 1 grain equivalent and 1 meat/meat alternate
- 50 servings: **50 servings:**
- 3 gals. + 3½ qts. + 4 oz.
Buffalo Chicken Parfait

Ingredients

- Cheese, Cheddar, shredded 2 lbs. + 4 oz.
- Garlic, minced ¼ oz.
- Chives, freeze-dried 1 tsp.
- Hot sauce 2 oz.
- Pepper, black, ground ½ tsp.
- Yogurt, plain, fat-free 3 qt. + 4 oz.
- Onion powder 2 Tbsp.
- Parsley, dried 1 Tbsp.
- Chicken, diced, cooked 2 lbs. + 4 oz.
- Celery, raw 4-½ lb.

Notes:
Buffalo Chicken Parfait

Yield: 25 Servings

Yield: 1 serving provides 3 oz. meat/meat alternative and ½ cup vegetable.

Meatsure Directions

1. Mix yogurt with all spices. Set aside.
3. Clean celery. Remove tops and cut into 6 inch sticks.
4. Using an 8-9 oz. cleat cup, layer:
   - ½ cup ranch flavored yogurt
   - 1 oz. chicken mixture
   - 1 oz. Cheddar cheese
   - Place 4 celery sticks into cups

Recipe HACCP Process: #2 Serve/Deli Service
# Buffalo Chicken Parfait

**Main Dish**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>25 Servings Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt, plain, fat-free</td>
<td>3 qt. + 4 oz.</td>
<td>1. Mix yogurt with all spices. Set aside.</td>
</tr>
<tr>
<td>Onion powder</td>
<td>2 Tbsp.</td>
<td>2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.</td>
</tr>
<tr>
<td>Garlic, granulated</td>
<td>¼ oz.</td>
<td>3. Clean celery. Remove tops and cut into 6 inch sticks.</td>
</tr>
<tr>
<td>Pepper, black, ground</td>
<td>½ tsp.</td>
<td>4. Using an 8-9 oz. clear cup, layer:</td>
</tr>
<tr>
<td>Chives, freeze-dried</td>
<td>1 tsp.</td>
<td>½ cup ranch flavored yogurt</td>
</tr>
<tr>
<td>Parsley, dried</td>
<td>1 Tbsp.</td>
<td>1 oz. chicken mixture</td>
</tr>
<tr>
<td>Chicken, diced, cooked</td>
<td>2 lbs. + 4 oz.</td>
<td>1 oz. Cheddar cheese</td>
</tr>
<tr>
<td>Hot sauce</td>
<td>2 oz.</td>
<td>Place 4 celery sticks into cups</td>
</tr>
<tr>
<td>Celery, raw</td>
<td>4-½ lb.</td>
<td></td>
</tr>
<tr>
<td>Cheese, Cheddar, shredded</td>
<td>2 lbs. + 4 oz.</td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**

**Serving:**

1 serving provides 3 oz. meat/meat alternate and ½ cup vegetable.

**Yield:**

25 servings

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Dietary Reference (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250 kcal</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>27 g</td>
<td>6 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>14 g</td>
<td>2% DV</td>
</tr>
<tr>
<td>Total Fat</td>
<td>11 g</td>
<td>15% DV</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6 g</td>
<td>4% DV</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>60 mg</td>
<td>30% DV</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2% DV</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15% DV</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>6 g</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>60 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>560 mg</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
<td></td>
</tr>
</tbody>
</table>
MeatsueDirections

Yield: 12 oz. cup portion meets 1 meat/meat alternative and 2 vegetable servings

25 servings

1. Drain/and rinse beans. Set aside.


3. Layer into 12 oz. clear cups:
   - ½ cup drained beans
   - ½ cup seasoned yogurt
   - ⅜ cup salsa (6 Tbsp)
   - ¼ cup shredded lettuce (credits ⅛ cup)
   - Garnish with 1 Tbsp. Cheddar cheese

Notes:
Serve with tortilla chips for dipping

Recipe HACCP Process: #2 Served/Ready Service

Fiesta Parfait

Ingredients

Serving:

Nutrients Per Serving

Calories: 160 kcal
Total Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 12 mg
Sodium: 270 mg
Total Carbohydrates: 20 g
Dietary Fiber: 20% DV
Protein: 11 g
Vitamin A: 25% DV
Vitamin C: 20% DV
Calcium: 12 mg
Iron: 10% DV

25 Servings
# Fiesta Parfait

**Main Dish**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>25 Servings Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, canned Pinto, drained</td>
<td>12-1/2 cups</td>
<td>1. Drain and rinse beans. Set aside.</td>
</tr>
<tr>
<td>Yogurt, plain low-fat</td>
<td>6-1/4 lbs.</td>
<td>2. Mix yogurt with Mexican seasoning. Set aside.</td>
</tr>
<tr>
<td>Mexican seasoning</td>
<td>1/4 cup</td>
<td>3. Layer into 12 oz. clear cups:</td>
</tr>
<tr>
<td>Salsa, low-sodium</td>
<td>9 cups + 6 Tbsp.</td>
<td>½ cup drained beans</td>
</tr>
<tr>
<td>Lettuce, iceberg</td>
<td>14 oz.</td>
<td>½ cup seasoned yogurt</td>
</tr>
<tr>
<td>Cheese, Cheddar, shredded</td>
<td>6-1/2 oz.</td>
<td>¾ cup salsa (6 Tbsp)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ cup shredded lettuce (credits 1/8 cup)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Garnish with 1 Tbsp. Cheddar cheese</td>
</tr>
</tbody>
</table>

**Notes:**

Serve with tortilla chips for dipping

**Serving:**

12 oz. cup portion meets 1 meat/meat alternative and 2 vegetable servings

**Yield:**

25 servings

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Servings</th>
<th>25 Servings Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160 kcal</td>
<td>Saturated Fat</td>
<td>2 g Iron</td>
</tr>
<tr>
<td>Protein</td>
<td>11 g</td>
<td>Cholesterol</td>
<td>12 mg Calcium</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>20 g</td>
<td>Vitamin A</td>
<td>4% DV Sodium</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
<td>Vitamin C</td>
<td>2% DV Dietary Fiber</td>
</tr>
</tbody>
</table>
Lemon Blueberry Chia Parfait

Ingredients

**Serving:**

- Calories: 625 kcal
- Total Fat: 3.74 g
- Sodium: 4.91 mg
- Total Carbohydrates: 106.35 g
- Vitamin A: 1697.27 IU
- Protein: 15.61 g
- Cholesterol: 11.14 mg
- Calcium: 386.62 mg
- Total Fat: 14.92 g
- Thiamin: 10.85 mg
- Dietary Fiber: 10.92 g

**Yield:**

- *Breast* Meets 1 meal alternately, 2 grams serving and ½ cup fruit.
- *25 servings*

**Measures Directions**

1. Mix lemon juice and milk. Add to chi seeds and oats and stir. Allow to set 4 hours minimum or overnight.
2. Mix the chi pudding and the yogurt.
3. To make parfait: Layer ¾ cup pudding/yogurt mix (bottom layer), then ½ cup crushed graham crackers, then top with ½ cup blueberries.
4. Hold at 41°F or less (CCP)

**Volume:**

- Low-fat or fat-free milk: 2 quarts + 1-¾ cups
- Grahams crackers, crushed, plain or honey*: 12½ cups
- Blueberries, fresh or frozen**: 3 quarts + ½ cup

**Notes:**

* 8 whole graham crackers equal approximately 1 cup crushed. Graham cracker crumbs can be substituted for another 1 oz graham such as teddy grams, cheerios, or crushed graham pieces.
** Frozen blueberries must be thawed and drained before using. Other fruits can be substituted for blueberries.

Recipe HACCP Process: #2 Serve Dately Service
**Lemon Blueberry Chia Parfait**

**Breakfast**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon juice, fresh or reconstituted</td>
<td>½ cup</td>
</tr>
<tr>
<td>Low-fat or fat-free milk</td>
<td>2 qt. + 1-¾ cups</td>
</tr>
<tr>
<td>Chia seeds</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cereals, regular or quick oats, dry</td>
<td>1 qt. + 2-¼ cups</td>
</tr>
<tr>
<td>Yogurt, low-fat, Greek vanilla</td>
<td>6 lbs. + 4 oz.</td>
</tr>
<tr>
<td>Graham crackers, crushed, plain or honey*</td>
<td>12-½ cups</td>
</tr>
<tr>
<td>Blueberries, fresh or frozen**</td>
<td>3 qt. + ½ cup</td>
</tr>
</tbody>
</table>

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>625 kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>15.61 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>106.35 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>14.92 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.74 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>11.14 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>1697.27 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10.85 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>4.91 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>601.89 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>386.62 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>10.92 g</td>
</tr>
</tbody>
</table>

**Directions**

1. Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight.
2. Mix the chia pudding and the yogurt.
3. To make parfait: Layer 3/4 cup pudding/yogurt mix (bottom layer), then ½ cup crushed graham crackers, then top with ½ cup blueberries.
4. Hold at 41° F. or less (CCP)

**Notes:**

* 8 whole graham crackers equal approximately 1 cup crushed. Graham cracker crumbs can be substituted for another 1 oz. grain such as teddy gramos, cheerios, or crushed graham pieces.
** Frozen blueberries must be thawed and drained before using. Other fruits can be substituted for blueberries.

**Serving:** Meets 1 meat/meat alternate, 2 grain serving and ½ cup fruit.

**Yield:** 25 servings

**Volume:** 25 servings

Recipe HACCP Process: #2 Same Day Service