

Chocolate Milk At Breakfast

The [American Dietetic Association](#) advocates that it is better to drink **chocolate milk** than no milk at all. It is alarming how milk consumption has decreased in young children and teenagers. We now know that the Recommended Dietary Allowance is much higher for that age group than previously believed. Most children refuse to drink white milk; therefore we feel that if the chocolate in the milk will get them to drink it, we must make it available to them.

The object of our Federally Funded Program is to ensure that children are receiving the needed nutrients to help with their developmental and nutritional growth. As with anyone, if they don't like it, they will not eat/drink it, no matter how good it is for you!