Have a favorite smoothie recipe using low-fat or fat-free milk and fruit? Well, turn it in and win. [Name of Town/District] Child Nutrition Program is running a *Name That Smoothie Recipe Contest* this month. All students who submit a recipe will receive a [insert prize], and one lucky winner from each school will win a [insert grand prize]. If interested, ask your classroom or homeroom teacher for an application today!  
  
  
Milk is a Must in smoothies! In addition to its awesome taste, milk delivers calcium and eight other essential nutrients to help your body stay strong. Refresh yourself and power up! As part of the *Name That Smoothie Recipe Contest*, we’re serving smoothies in lots of flavors {list flavors}, so come to the cafeteria, Drink It All In and Power Up!  
  
  
Are you In? Join us at the Milk & Fruit Smoothie Bar and create your very own smoothie made with your choice of fruit and ice-cold milk. Just come to {location} on {day/date} at {time of day} and enjoy your very own creation. {Add information on today’s special or featured flavor in your cafeteria}.  
  
  
We’re Shaking Stuff Up! In the cafeteria, that is, with amonth-long smoothie promotion. Come to the cafeteria on {day or days} between {time} and {time}, see what it’s all about and join in the fun. Get ready for ice-cold {flavors} smoothies!

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[Name of Town] Child Nutrition Program is running a *Name That Smoothie Recipe Contest* this month. All students who submit a recipe will receive a [insert prize] and one lucky winner from each school will win a [insert grand prize]. Applications with contest rules will be coming home soon.

*Name That Smoothie Recipe Contest*  
Menu Blurbs

Add some fresh fruit, low-fat or fat-free yogurt and milk to a blender and make a delicious smoothie treat!

Milk is a Must with smoothies! Besides its awesome taste, milk delivers calcium and eight other essential nutrients to help your body stay strong.1 Refresh yourself and power up! As part of the *Name That Smoothie Recipe Contest*, we’re serving smoothies in lots of flavors {list flavors}, so come to the cafeteria, drink It all in and power up!

It’s a fact: Kids aren’t getting enough calcium.2 Try a delicious, nutritious smoothie made with fruit and low-fat or fat-free milk today!

Which fruits do you like in your smoothies?

Milk + Yogurt + Fruit = One great tasting smoothie!

*1* USDA National Nutrient Database for Standard Reference, Release 23, 24.

2 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010