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HILAND DAIRY BRINGS RESTAURANT-STYLE MEALS TO SCHOOLS

SPRINGFIELD, Missouri (April 15, 2016) – Making sure the food children *should* eat is the same as the food they *want* to eat is a key ingredient of Hiland Dairy’s School Nutrition Services. That was no problem for the students at Schuyler Middle School in Nebraska who recently enjoyed a school lunch that tasted more like a meal you’d find on a restaurant menu. The lunchtime fun came courtesy of Hiland Dairy’s Chef Sharon Schaefer, who brought her pop-up restaurant to the school.

In addition to being a trained chef, with a bachelor’s degree in culinary arts management, Schaefer is the K-12 supervisor for Hiland Dairy, working with 65 school districts to find new and innovative ways of incorporating nutrition into school curriculum. She also supports school nutrition professionals with new ideas and training on a variety of topics.

During this particular school visit, she helped prepare chicken burritos and cilantro lime rice bowls, with made-from-scratch chili spice on the fresh chicken and a black bean, corn and red pepper salsa. For dessert, Schaefer modified an adult favorite – banana pudding – to make a kid-friendly version by topping it with vanilla wafer cookies as a garnish, rather than using them as a traditional internal layer. Her recipe also incorporated delicious Hiland Dairy vanilla yogurt to increase the protein and reduce the sugar, but still keep the wow-factor.

“My goal is to generate excitement about making healthy choices that become lifelong habits,” Schaefer said. “Every time students try something new, it brings them another step closer to that goal.”

For more information about Hiland Dairy School Nutrition Services, please visit <http://hilanddairy.com/company/school-nutrition>.

About Hiland Dairy

Hiland Dairy Foods Company is a processor and distributor of dairy foods and other beverages. Founded in 1937, the company is based in Springfield, Missouri and operates processing facilities in Arkansas, Kansas, Missouri, Nebraska and Oklahoma. In addition, Hiland Dairy Foods has distribution in 11 states throughout the Midwest. For more information visit HilandDairy.com.