







WAKE UP WITH LATTES IN HIGH SCHOOL

• made with **real** milk •



SCHOOL CAFÉ(TERIA) LATTES

-  Lattes are popular and delicious **WAYS TO INCORPORATE REAL MILK** in school food service options and invigorate student interest. This **LATTE SUCCESS GUIDE** is designed to help schools serve real milk lattes and includes preparation and service options, recipes and promotional materials.
-  Students drinking real milk lattes benefit from 1 cup of the daily recommended 3 cups of dairy and receive **13 ESSENTIAL NUTRIENTS FROM MILK**, like calcium, vitamin D and protein.
-  It's recommended that adolescents aged 12-18 years old don't exceed 100 mg of caffeine a day — about one 8 oz. cup of coffee. Latte recipes in this toolkit use 2 oz. of coffee, containing 25 mg of caffeine.
-  Coffee, lattes and espresso with fat-free or low-fat milk are allowed in high schools as part of **REIMBURSABLE MEALS** or when sold under USDA Smart Snacks requirements.
-  Lattes can be pre-made with 8 oz. of milk and offered alongside other milk options as part of a reimbursable meal. Students can also select a milk and have the option to make it a latte at a coffee station.
-  When sold á la carte, keep in mind that Smart Snacks nutrition and serving size standards must be met.

Reminder: Check current USDA guidance for the most up-to-date information on the service and sale of lattes in schools.



INGREDIENTS FOR SUCCESS

EQUIPMENT AND SUPPLIES

When serving lattes, **COFFEE HOUSE EQUIPMENT ISN'T NECESSARY**. Most school foodservice departments already have the basic equipment needed, but schools can invest in espresso machines, coffee grinders or machines that provide automated self-service with the press of a button. As your school gets started, consider the following equipment and supplies:



Basic coffee maker or cold brew machine



Insulated pitchers for milk



Sugar-free syrup bottles and pumps



Ice maker and pans for ice, if serving iced lattes



Cups, lids, straws, hot sleeves

PREPARATION AND SERVICE

Hot or iced lattes can be prepared and served in many ways. Find a method that works best for your school and students and explore simple recipes to take your school latte experience to the next level! Some options include:

- **BREW A LARGE BATCH** of coffee and chill overnight for iced lattes.
- Keep coffee for hot lattes warm in **PUMP POTS AFTER BREWING**.
- Make hot and iced **LATTES TO ORDER WITH A BARISTA**, like a local coffee shop. Coffee and flavored syrups can be portioned up ahead of time in individual cups, or pump pots and flavored syrup pumps can be set up in the coffee station.
- Make a **SELF-SERVICE STATION** using batch recipes of lattes. Fill cups with ice and let the students serve themselves from dispensers.



RECIPES

BASIC LATTE INGREDIENTS

BASIC SINGLE LATTE

(Makes 1, 12 oz. hot latte or, 16 oz. iced latte)

2 oz. sugar-free syrup

2 oz. brewed coffee

8 oz. fat-free flavored or unflavored milk

BASIC BULK LATTE

(Makes 52, 12 oz. hot latte or, 16 oz. iced latte)

13 cups (3 quarts + 1 cup) sugar-free syrup*

13 cups (3 quarts + 1 cup) brewed coffee

52 cups (3 gallons + 1 quart) fat-free flavored or unflavored milk

DIRECTIONS

1

COMBINE SUGAR-FREE SYRUP WITH BREWED COFFEE.

If making flavored lattes with different syrups, do not exceed a recipe's total syrup volume.

2

ADD MILK AND STIR WELL.

3

POUR INTO INDIVIDUAL CUPS OR 5-GALLON DISPENSER.

For iced lattes, pour into 16 oz. cup of ice.

TRY THESE FLAVORED LATTE COMBINATIONS



MOCHA: Swap plain milk for chocolate milk in any recipe.



PUMPKIN SPICE LATTE FOR FALL:

Add sugar-free pumpkin spice syrup or sprinkle pumpkin spice on top.



CHOCOLATE CARAMEL:
1 pump chocolate, 1 pump caramel.



PEPPERMINT MOCHA FOR WINTER:

Use chocolate milk and add sugar-free peppermint syrup.



VANILLA CARAMEL SWIRL:
1 pump vanilla, 1 pump caramel.



TROPICAL FLAVORS FOR SPRING OR SUMMER: Add vanilla and coconut syrups.



GET THE WORD OUT

It's time to announce and launch lattes made with real milk at your high school! Spark excitement and keep students interested throughout the year with these announcements, promotions, social media posts and signage opportunities.

1

Engage student leaders and clubs by having student members host taste tests. Try different flavors and post results in the school newspaper, website or social media.

2

Use a frequent buyer punch card to reward repeat purchases.

3

Feature seasonal flavors or festive cups/sleeves that reflect holidays and school or community events.

4

Show your school spirit during homecoming by featuring a school spirit giveaway. Students that randomly receive a sleeve or cup with a special symbol or sticker will win an item from the school store after 'giveaway'.

5

Organize a raffle and give students a ticket with each purchase.

6

Hold a student contest to create a coffee shop logo or name. Have fun and get creative with a play on the word "latte".



GET THE WORD OUT

SAMPLE ANNOUNCEMENTS

- The cafeteria is now serving hot and iced lattes! Real Milk. Real Coffee. Real Delicious. Try one today!
- Take a break in the cafeteria during free periods or lunch with a latte. Hot and iced lattes made with real milk are now available for purchase, providing calcium, vitamin D and protein!
- The cafeteria is serving up lattes with real milk and a variety of flavors! Stop by to check out the flavor of the week.
- Skip the morning coffee shop rush and purchase a hot or iced latte with school breakfast. This week's flavor is *[insert flavor]*!

SAMPLE SOCIAL MEDIA POSTS

FACEBOOK, INSTAGRAM OR TWITTER



- Looking for a boost today? Try a latte. Made with real nutrient rich milk, lattes provide protein, calcium and vitamin D. Oh and they're delicious! #UndeniablyDairy
- Did you know that we're offering lattes made with real during school breakfast and lunch? Complete your meal and get a strong start to your day with one today! #UndeniablyDairy
- Need help getting through the after-lunch slump? Try a real milk latte with your school lunch to get essential nutrients like protein, calcium and vitamin D to give your afternoon a boost. #UndeniablyDairy
- Better LATTE than never! Did you know we're now serving lattes during school breakfast and lunch? They're made with real milk full of essential nutrients like protein, calcium, vitamin D and more. Stop by the cafeteria and try one today! #UndeniablyDairy
- Got a lot on your plate? Get a latte with your meal today! We're now serving real milk lattes which are sure to give your day a boost with protein, vitamin D and calcium. #UndeniablyDairy
- There's nothing like a hot drink on a cold day and there's nothing quite like a latte. Grab a hot latte made with real milk with your meal today. Real milk. Real coffee. Real good. #UndeniablyDairy
- It's a hot one, so cool down with a refreshing iced latte made with real milk. Grab one in the cafeteria today. Real milk. Real coffee. Real cool. #Undeniably Dairy



ADDITIONAL RESOURCES

TOOLKITS FOR INCORPORATING DAIRY INTO SCHOOL MEALS



Hot Chocolate Milk



School Breakfast



Smoothie Toolkit

CONTACT INFORMATION

ST. PAUL, MINNESOTA OFFICE

Midwest Dairy
2015 Rice Street,
St. Paul, MN 55113
800-642-3895

ANKENY, IOWA OFFICE

Midwest Dairy
101 NE Trilein Drive,
Ankeny, Iowa 50021
800-642-3895

TOOLKIT PROVIDED BY MIDWEST DAIRY — AN AFFILIATE OF NATIONAL DAIRY COUNCIL

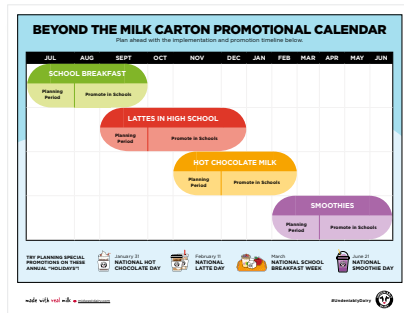
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ADDITIONAL RESOURCES

1. PROMOTIONAL CALENDAR

(8.5" x 11")



2. DIGITAL SIGNAGE

(1920 x 1080 px)



3. POSTERS

(8.5" x 11" and 11" x 17")



4. SOCIAL GRAPHICS

(1200 x 1200 px and 1080 x 1080 px)



5. PUNCH CARDS

(Avery 8.5" x 11")



6. CUP STICKERS

(Avery 8.5" x 11")



ACCESS OR DOWNLOAD ALL LATTE
RESOURCES TO PRINT OR SHARE

CLICK HERE