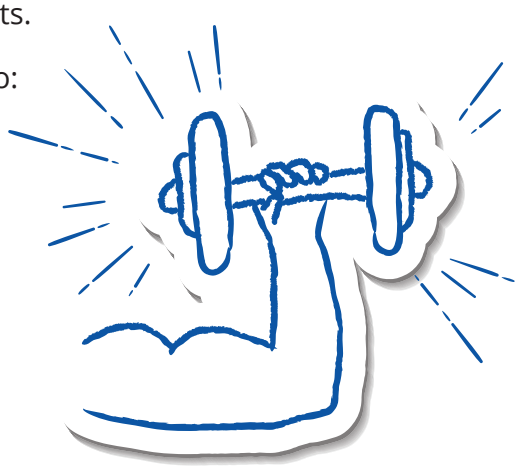
Hiland School Milk Activity Sheet Instructions

For Food Service Directors – November 2026

Thank you for helping bring dairy nutrition to life in your school! Below are instructions for collecting and submitting student activity sheets for the optional contests.



Once collected, scan and email all entries by December15th to:
info@hilanddairy.com
Subject line: *School Name – Activity Sheet Submissions*

If scanning is not possible, you may also mail them to:
Hiland Dairy – School Milk Program
ATTN: Marketing Department
830 E Primrose, Suite 101
Springfield, MO 65807

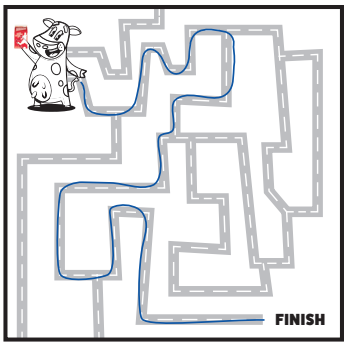
What's Included in the Activity Sheets

Grade Level	Activity Highlights
K–5	Coloring, word search, and maze
6–8	Create an ad, dress Heidi, and myth or fact
9–12	Heidi fit check, fuels you quiz, and would you rather

K-5 Answer Key

C	H	H	M	E	R	R	Y	P	J
O	B	O	P	T	S	I	A	R	C
Z	W	L	Z	N	T	K	Y	O	A
Y	I	I	H	C	R	H	P	T	L
H	N	D	I	A	O	S	M	E	C
E	T	A	L	R	N	N	I	I	I
I	E	Y	A	T	G	O	L	N	U
D	R	S	N	O	H	W	K	Q	M
I	Y	L	D	N	P	S	A	V	U
A	X	L	O	S	H	Q	A	O	O

MAZE



6-8 Answer Key

1. Myth 2. Myth 3. Fact 4. This one's up to you.

9-12 Answer Key

1. 8g 2. Calcium 3. True 4. 206

Thank you for helping us celebrate school milk in a creative and engaging way!
For questions, contact your Hiland representative or email ***info@hilanddairy.com***.

FUEL UP WITH HILAND SCHOOL MILK
HilandDairy.com/SchoolMilk

Hiland® DAIRY FOODS FARMER OWNED