

GET UP & GROW!



Measure Up With Mario!

1 RISE AND SHINE!

Start your day out right
by having milk
with your morning cereal.

Milk has what you need
to help you grow.

2 SCHOOL DAYS

Drink chocolate milk
with your lunch or
as an after-school snack.

It's an all-time favorite and
it's choc' full of nutrients.

3 REFUELING TIME

Power up with milk
after your big sporting events.

Milk's nutrient package
beats sports drinks.

4 ON THE GO

Order milk instead
of empty-calorie soft drinks.

Single-serve containers
make milk convenient and fun.