Cows can eat and drink 24 hours a day to give them the nutrients they need to be healthy and produce nutritious milk.

At the processing plant, milk is thoroughly tested before being packaged.

Recycled water from other parts of the farm is used to grow crops, which help feed the cows.

Cows are milked 2 to 3 times a day, producing fresh milk that travels from farm to carton in just 48 to 72 hours.

A carton of school milk provides 9 essential nutrients to fuel your body and mind.