

Chocolate Milk at School?

I do not agree with the idea that chocolate milk should be taken out of school cafeterias. Chocolate Milk in School Cafeterias? says that people think that the sugar in chocolate milk is not healthy. They want to take it out of the cafeterias. This is not a good idea.

Kids who buy the lunches in the cafeteria don't have many choices. There might be only one thing they can have for a main dish or vegetable. Then they can choose chocolate milk instead of white. If they can't choose, they might eat more potato chips, cookies, donuts and other junk food. Plenty of kids buy only junk food for lunch. Chocolate milk is better than soda or gatoraide. Kids who bring lunch need to buy a drink and these kids could bring a sugary drink instead of buying milk.

Even though chocolate milk has some sugar in it, it is still better than other things to drink. IT has vitamins and minerals, so that's still a good thing. I think it is better for kids to at least drink some milk than not to drink milk at all, and some kids just don't like white milk. This is what they say at the American Heart Association and the American Academy of Pediatrics, and I agree!