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# MOOO NEWS

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Longmont Dairy Farm, Inc.

# SEPTEMBER

## Breakfast Starts a Great Day!

Dear Friends,

We just returned from a visit with family in Washington. The mornings were so brisk that it reminded me that fall is around the corner. After a warm summer, I'm looking forward to a little chill in the air.

As you start your busy day, plan time for a good breakfast. We have included some quick ideas that will speed up the routine. A daily, healthy breakfast, especially shared with family, sets everyone up for a productive day.

With the start of fall, we have brought back our delicious Cinnamon Eggnog and Apple Cider. We are also introducing Mary's Mountain Cookie Dough—chocolate chip. Cookies with a glass of milk have become a special tradition to share with friends, and the kids always love them. And, they are easy to bake.

Finally, whether your teams win or lose this fall, we are encouraging you to get out there and Mooove. Have a great fall!

Take care 'til next time,

*Susan Boyd*



Prices effective September 1, 2013

<b>Whole Milk</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Country Cream Butter</b> 1 lb. - \$4.99
<b>Reduced Fat Milk - 2%</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Grassland Spreadable Butter</b> 8 oz. - \$2.89
<b>Low Fat Milk - 1%</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Daisy Cottage Cheese</b> 24 oz. - \$5.69
<b>Fat Free Milk - Skim</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Daisy Sour Cream</b> 16 oz. - \$3.69
<b>Half and Half</b> 1 Quart - \$3.39 1 Pint - \$2.39	<b>Tillamook Block Cheese</b> 16 oz. - \$6.99
<b>Whipping Cream</b> 1 Quart - \$5.69 1 Pint - \$3.49	<b>Tillamook Shredded Cheese*</b> 8 oz. - \$3.99
<b>Chocolate Milk (2%)</b> 1 Quart - \$2.39 4-Pack - \$7.39	<b>Tillamook Sliced Cheese*</b> 8 oz. - \$3.99
<b>Strawberry Milk (2%)</b> 1 Quart - \$2.24	<b>Tillamook Tilla-Moos Pack-it-Pals*</b> 10 - ¾ oz. servings. - \$4.79
<b>Meadow Gold Buttermilk</b> 1 Quart - \$3.99	<b>Egg-Land's Best Eggs</b> Cage Free Brown - AA Large 1 Dozen - \$4.14 White - Grade AA Large 1 Dozen - \$2.99
<b>Cinnamon Eggnog</b> 1 Quart - \$3.29	<b>Noosa Yoghurt*</b> Mango, Blueberry, Peach, Strawberry Rhubarb, Raspberry, Honey, Lemon <b>Purchase Individually:</b> 8 oz. - \$2.89 <b>SAVE! Order 6 or more:</b> 8 oz. - \$2.49 each
<b>Orange Juice</b> ½ Gallon - \$3.80 1 Quart - \$2.49	<b>Metal Porch Boxes</b> \$57.50 - optional
<b>Talbot's Apple Juice &amp; Talbot's Apple Cider</b> ½ Gallon - \$4.21	

\* These products must be preordered.

Quantity Discounts apply to purchases of 20 or more ½ gallon bottles of milk per month (if there is no previous balance on your account).

Weekly Minimum Delivery: 3 items.

Delivery Charge (per delivery) - \$1.00

## Get Your Chocolate Chip Cookie Dough!

Starting September 1st, order Chocolate Chip Cookie Dough from Mary's Mountain Cookies—\$9.95 for a 3-pound tub.

# The Breakfast Project

## Start the Day Right With Breakfast!

### Sunrise Peach Smoothie

Combine 1 frozen and chunked banana with 2 cups frozen peaches, 1½ cups orange juice, and 1 cup Noosa Peach Yoghurt in a blender. Blend until smooth. Serves 4.

*From [www.food.com](http://www.food.com)*



### Cheesy Eggs



Scrambled eggs, topped with your favorite Tillamook cheese and spices.

### Breakfast Burrito



Throw scrambled eggs, Tillamook Colby Jack Shredded Cheese, and sausage into a tortilla for a delicious breakfast burrito.

### Morning Crunch Yoghurt

Stir a handful of berries and dried granola into your favorite Noosa Yoghurt flavor to kick start your morning routine.



### Iced Coffee

For a refreshing boost, add half and half and ice to your morning cup of coffee.



### Pineapple Cottage Cheese

Add fresh pineapple chunks and juice to 1 cup of cottage cheese for a tasty and protein stocked breakfast.



### Swiss Muesli

Overnight, soak 2 cups of rolled oats with 2 cups of either milk, apple juice, or orange juice. Cover. In the morning, stir in 2 cups of diced apples or berries of your choice, 1/2 cups of walnuts, and honey to taste. Top with cream or yoghurt and serve cold. Serves 2.

*[www.Whats4Eats.com](http://www.Whats4Eats.com)*

