

Six Reasons to Serve String Cheese as Part of School Breakfast



Healthy. String cheese is packed with nutrients that help kids build strong bodies. The American Academy of Pediatrics urges kids to choose milk, yogurt and cheese for the calcium they need. Just one ounce of most cheese provides 20 percent of their recommended daily calcium intake.



Low fat. Most string cheese is low fat mozzarella which can easily average into your weekly meal plan. In addition to its great taste, cheese packs a powerful nutrient punch.



Convenient. String cheese is pre-packed in single servings that appeal to students. It's easy to store and serve with a good shelf life which makes it great for satellite operations. It's also a labor-free entrée.



Flexible. Whether you serve breakfast in the classroom, "Grab-n-Go" bags, or the cafeteria, string cheese fits right in. Rich in protein, it keeps hunger away. A 1-ounce serving counts for one meat component in a reimbursable breakfast.



Popular. Kids love the taste and novelty of eating string cheese. And if they love it, they eat it. Plus, cheese is ideal for people who are lactose intolerance, due to its low lactose content.



Tooth-friendly. Cheese may also protect against tooth decay because calcium, protein and phosphorus stimulate saliva protection, which helps wash away harmful acids in the mouth.

Websites for Cheese Lovers

www.nutritionexplorations.org enhancing experiences in school feeding programs

www.wdairyCouncil.com nutrition education resources

www.nationaldairyCouncil.org See the Cheese Product Sheet in the Nutrition & Product Information section, under Dairy Products, then Cheese

www.ilovecheese.com Recipes, storage tips and more

