

*Just say
CHEESE!*



**RESOURCE
GUIDE**



**AMERICAN DAIRY
ASSOCIATION** NORTH
EAST



AmericanDairy.com

**ADD MORE EXCITEMENT
TO YOUR MENUS!**

*Just say
CHEESE!*



Students will tell you: there's no such thing as too much **CHEESE!**

They love that it's delicious; **you'll love** that it's packed with essential nutrients. With so many varieties to choose from, **CHEESE** is sure to delight and boost meal participation!



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CHEESE IS THE MOST VERSATILE FOOD IN YOUR LINEUP



So many varieties that kids love:



Change it up and give foods a spicy zing, a creamy texture or a smooth finish! Try **FETA**, **GOUDA**, **MUENSTER** or **PARMESAN** in recipes, or add **COTTAGE CHEESE** to bento boxes.

CHEESE comes in many different forms – serve it:



MELTED



SHREDDED



CUBED



BOOST MEAL PARTICIPATION WITH CHEESE!

Studies have shown that cheese significantly increases selection and consumption of food groups to encourage versus the same food with no cheese.*

[View The Study >](#)

USE CHEESE IN

- ✓ entrees
- ✓ side dishes
- ✓ desserts
- ✓ snacks

Topping food with **CHEESE** enhances flavor and texture!

CHEESE IS PERFECT FOR



- Lunchtime
- Breakfast Time
- Snack Time!

Protein packed **CHEESE** adds a nutritional boost and keeps students nourished and ready to learn.

QUICK RECIPES COME TOGETHER IN A BREEZE WITH CHEESE!

Creamy **COTTAGE CHEESE** with fruit, omelets or smoothies makes a delicious and nourishing breakfast.



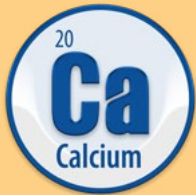
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MORE CHEESE MEANS MORE OF THE ESSENTIAL NUTRIENTS STUDENTS NEED

CHEESE IS A NUTRITIONAL POWERHOUSE THAT PROVIDES:



An excellent source of **calcium** for strong bones and teeth



Zinc to support a healthy immune system



B12 for the energy boost kids need throughout their day



Protein & phosphorus to ensure kids grow up healthy and strong



MELTED CHEESE

is a yummy way for students to get the nutrition they need by **dipping, dunking** or **topping** these and many more foods

- Veggie Sticks
- Crackers
- Baked Potatoes
- Chicken Nuggets
- Nachos
- Fruit Chunks



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MAKE IT DELICIOUS WITH CHEESE!

Any way you serve it, **CHEESE** is a hit with students. Almost any food you serve can be livened up with **CHEESE!**



PIZZA



VEGGIES/FRUITS



BURGERS



OMELETS



TACOS



SANDWICHES

There's no doubt about it:

MORE CHEESE = MORE MEAL PARTICIPATION



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THE RECIPE FOR SUCCESS BEGINS WITH: CHEESE

Discover fun and exciting ways to use **CHEESE**.

Start serving up healthy dishes that taste amazing with these delicious recipes.



[DOWNLOAD RECIPE CARD >](#)

FOOD TRUCK MEATBALLS & BREADSTICK



[DOWNLOAD RECIPE CARD >](#)

CHEESY BAKED PASTA W/VEGGIES



[DOWNLOAD RECIPE CARD >](#)

HAM & CHEESE BREAKFAST PANINI



[DOWNLOAD RECIPE CARD >](#)



You can find more recipes at
NutritionConnection.org



[GET MORE RECIPES HERE](#)



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CHEESE WORKS WHENEVER, WHEREVER AND HOWEVER YOU SERVE IT



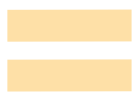
No matter how you slice it, **CHEESE** is easy to prepare and serve anytime, anywhere! Include **CHEESE**:

- Before, during or after school
- In the cafeteria
- In the classroom
- Grab & Go cart
- Anywhere!

CHEESE EASILY ADAPTS TO NUTRITIONAL REQUIREMENTS:



**2 oz of
CHEESE**



**1 ounce of
meat** or meat
alternative



Adjust serving sizes **based on the grade level** of the students

USE CHEESE TO HELP FULFILL ALL-IMPORTANT DAIRY AND PROTEIN REQUIREMENTS

You might use a 4 oz serving for high school students and 2 oz for grade schoolers.



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RETHINK PIZZA!



YOUR BEST SHOWCASE FOR CHEESE IN SCHOOL MEALS

Every day is a celebration when **pizza** is on the menu! The irresistible aroma of hot, fresh **pizza** will get students to rush to the cafeteria for their favorite food- **pizza!**

COUNT ON PIZZA TO BOOST MEAL PARTICIPATION:

- Serve **breakfast pizza** for a protein-packed power boost
- Create excitement by serving **specialty pizzas for holidays** and celebrations at school
- Set up a **"build your own" pizza bar** with students' favorite **CHEESE** toppings
- Try a new twist on an old favorite with **pizza COTTAGE CHEESE bowls**



Serve them the Perfect Pizza! Check out the guide at NutritionConnection.org and maximize your pizza prowess with:

- Recipes
- Promotions
- Tips & ideas

CLICK HERE TO LEARN MORE



rethink
pizza!



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RETHINK PIZZA!



Try new on-trend **pizza** varieties today's students are raving about.
With these resources, you'll have endless inspiration to keep your menu fresh and students coming back for more!

MAC & CHEESE PIZZA



[DOWNLOAD RECIPE CARD >](#)



[DOWNLOAD RECIPE CARD >](#)

PIZZA SALAD



[DOWNLOAD RECIPE CARD >](#)



[DOWNLOAD RECIPE CARD >](#)

[CLICK HERE TO LEARN MORE](#)



rethink
pizza!



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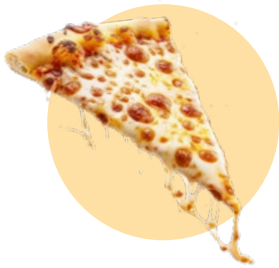
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CHEESE IS ON TARGET



Boost participation with these attention-grabbing and engaging **CHEESE** tips that generate excitement!



Use different pizza and **CHEESE** recipes on special occasions, holidays and school events.



Celebrate **CHEESE**-related days like **NATIONAL MAC-AND-CHEESE DAY** throughout the year.



Spread the word and let students know you're serving their favorite foods (with **CHEESE!**)



Appeal to students' appetites and use daily school announcements to tell them **CHEESE** is on the menu.



Use your school's website to reinforce your **CHEESE** messages.



Get students excited about **CHEESE** with contests and activities. Have them vote for their favorite **CHEESE** or hold a poster contest to keep the fun going.



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CHEESE IS EVEN BETTER WITH THE RIGHT EQUIPMENT!

Prepare **CHEESE** dishes with ease and serve them up right. Use equipment you already have or supplement with items that add convenience and versatility.



PANINI GRILL



Holds multiple sandwiches at a time. Flat surfaces for easy prep and cleanup. Heat safe handle.

HOT CHEESE WARMER WITH PUMP



An adjustable, precalibrated thermostat controls the heating element. Includes magnetic merchandising sign.

STAINLESS STEEL CHEESE JAR



Easy to refill. Dispenses directly from a 3 quart stainless steel jar or from a manufacturer's #10 can

*These are just a few of the many equipment options available to help you make the most of **CHEESE!***



[CLICK HERE FOR MORE INFORMATION](#)



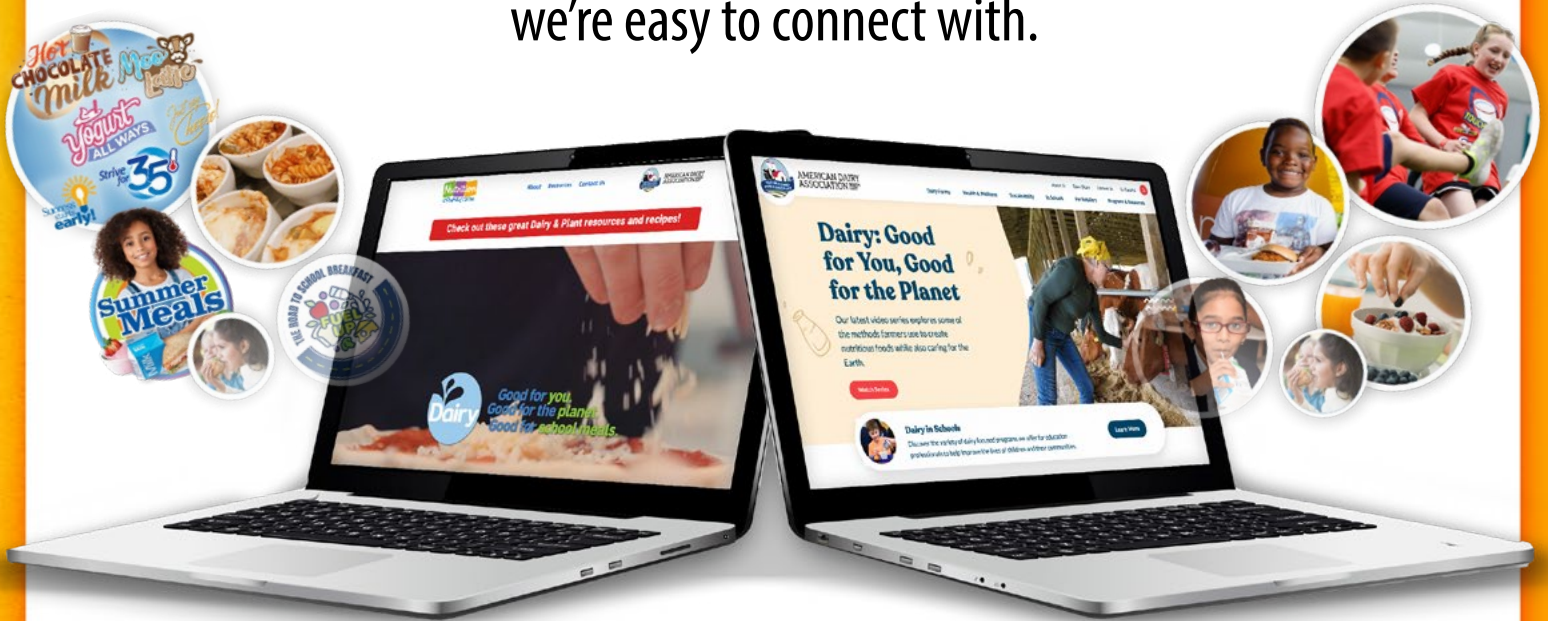
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WE'RE HERE TO HELP!

For **menu enhancement strategies, resources, support** and **more**, we're easy to connect with.



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