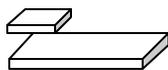
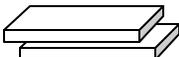
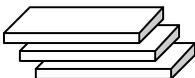
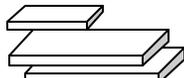
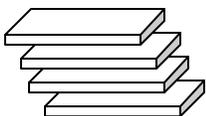
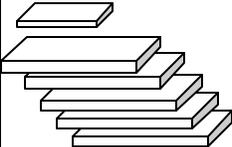


How much cheese should a grilled cheese have . . .

	Slices to Serve		
	1-2 years	3 – 5 years	6 – 12 years
<p><u>Real Cheese</u> 3/4 ounce slice Cheddar, Colby, Mozzarella</p> <p>Note: some slices may be ½ ounce, 2/3 ounce or 1 ounce</p>	<p>1 1/4</p> 	<p>2</p> 	<p>3</p> 

When serving a cheese such as American, Cheddar or Mozzarella the serving size is 1 ½ ounce for 3 – 5 year olds. Many of you serve sliced American cheese. The most commonly used slices are ½ ounce each. That means for a grilled cheese sandwich you would need to use 3 slices of cheese on each sandwich for 3 – 5 year olds. That may be too cheesy for a young child so we suggest serving only two slices of cheese on the sandwich but adding carrots with peanut butter dip as one of your two fruit/vegetable components.

	Slices to Serve		
	1-2 years	3 – 5 years	6 – 12 years
<p><u>Cheese Food or Cheese Spread</u> 3/4 ounce slice cheese food or cheese spread, individually wrapped cheese food and cheese spread slices</p> <p>Note: some slices may be 2/3 ounce</p>	<p>2 1/2</p> 	<p>4</p> 	<p>5 1/2</p> 

Cheese foods and cheese spread are only 50% cheese so you will need to double the amount served.

- In order to meet the 1 1/2 ounce portion size you would need to serve 3 ounces of cheese food.
- Macaroni and cheese made with one 16 ounce box of cheese food would serve only five 3 – 5 year olds at lunch or supper.
- Velveeta is now labeled a ***cheese product***. Cheese products have no standard of identity so they are NOT creditable for the food program.