



Child Nutrition Corner- Food Inspires

Our May/June promotion is titled “Cottage Cheese, if You Please!”

Cottage cheese is a fresh cheese curd product with a mild flavor. Curd size is the size of the chunks in the cottage cheese. The two major types of cottage cheese are small-curd, high-acid cheese made without rennet, and large-curd, low-acid cheese made with rennet.

Cottage cheese can be eaten in a variety of different ways: by itself, with fruit and sugar, with salt and pepper, with fruit puree, on toast, with tomatoes, with granola and cinnamon, in salads, as a chip dip, as a replacement for mayonnaise in tuna salad or used as an ingredient in recipes such as Jello salad and many desserts.

The first known use of the term "cottage cheese" dates back to 1831.

Cottage cheese is made by curdling pasteurized milk and draining off most of the liquid or whey, so that only the curds are left in squishy lumps. You can curdle the milk with lemon juice, and make it form low fat milk, so that it has fewer calories.

This type of cheese has been made for millennia and was made by the ancient Egyptians, Greeks and Romans. It gets its English name because it can so easily be made at home and can be pressed into a thicker consistency to make a creamy white cheese with all the whey removed, until it becomes what is known as farmer's cheese, which is solid but crumbly rather like feta cheese.

This type of cheese is ideal for dieters as its bland taste can be mixed with tastier things such as paprika or chilies and eaten as a snack or in a main meal as it has only 98 calories per 100 grams, and this contains 11.1 grams of protein, and very little fat. It also contains high levels of selenium which is great for healthy skin and a general feel-good factor. It also contains vitamin D – the sunshine vitamin, and calcium, which is essential for healthy bones.

It takes 100 pounds of milk to produce only 15 pounds of cottage cheese.

You can always check out our [menus](#) for our featured foods!

Cottage cheese is unique to us as we work hard to watch sodium amounts, but we believe that everything is good in moderation and that is why this is a featured food and is not offered all the time.

We plan to offer the cottage cheese shown below at the high school in our Prairie Express line.

Sources: https://kids.kiddle.co/Cottage_cheese and <https://ezinearticles.com/?Fun-Facts-About-Cottage-Cheese&id=6876328>



Have a GREAT summer and visit your local Farmer's Market for fun grains, fruit and fresh vegetables.

**Roxann Roushar
Director of Child Nutrition**