

This list includes commercial cheese products that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with the CNS based on the amount **as served** including any **added accompaniments**. **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE’s [List of Acceptable Foods and Beverages](#) webpage is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

Note: The approval below is only for the product exactly as listed. If the product is sold a la carte combined with any accompaniments, the nutrition information for the accompaniments must be added to the nutrition information for the product to determine if the serving still complies with the CNS (refer to the CSDE’s [CNS worksheets](#)). This documentation must be maintained on file by the district and be available upon request for the CSDE’s annual Healthy Food Certification (HFC) documentation review.

LOW-FAT OR REDUCED FAT
100 PERCENT NATURAL (REAL)
CHEESE

The Food and Drug Administration (FDA) defines natural cheese as cheese made directly from milk, e.g., cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, brie and pasteurized blended cheese made by blending two or more different natural cheeses. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

LOW-FAT OR REDUCED FAT 100 PERCENT NATURAL (REAL) CHEESE				SNACKS																			Better Choice Recommendations Choose products that meet all recommendations	
				General Standards	Nutrient Standards																			
				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		Low-fat cheese (including part-skim mozzarella) and reduced fat cheese are exempt from the fat and saturated fat standards																	
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	
Bongards Creameries	50% Reduced Fat Low-Moisture Part-Skim Mozzarella Cheese Stick, 1 oz	1 oz	28	FG	60	3.0	45.0%	2.0	30.0%	0	yes	200	0	0	0.0%	yes	yes	yes	Thurston	Product 402991; UPC 0-71078-40299-7; Case (168 count) UPC 000-371078-40299-4	12/22/23	X	X	
Bongards Creameries	Mozzarella String Cheese Stick, 1 oz	1 oz	28	FG	80	6.0	67.5%	3.5	39.4%	0	yes	200	0	0	0.0%	yes	yes	yes	Thurston	Product 402951; - 071078-70030-7; Case (168 count) UPC 100-71078-40295-6	12/22/23	X	X	
Land O'Lakes	Light Mozzarella String Cheese, 1 oz individually wrapped	1 oz	28	FG	60	3.0	45.0%	2.0	30.0%	0	yes	200	0	1	3.5%	yes	yes	yes	Advantage Waypoint	Code 59703000034500; UPC 0-34500-59703-6; Case (168 count) UPC 100-34500-59703-3	1/5/24	X	X	

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				General Standards	Nutrient Standards																		
				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		Low-fat cheese (including part-skim mozzarella) and reduced fat cheese are exempt from the fat and saturated fat standards			≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	≤35% by weight				No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup
Land O'Lakes	Reduced Fat Colby Jack Cheese Sticks, 1 oz individually wrapped	1 oz	28	FG	90	7.0	70.0%	4.0	40.0%	0	yes	190	0	0	0.0%	yes	yes	yes	Advantage Waypoint	Code 44875000034500; UPC 0-34500-44875-8; Case (168 count) UPC 100-34500-44875-5	1/5/24	X	X
Land O'Lakes	Reduced Fat Mild Cheddar Cheese Sticks, 1 oz individually wrapped	1 oz	28	FG	90	7.0	70.0%	4.0	40.0%	0	yes	190	0	0	0.0%	yes	yes	yes	Advantage Waypoint	Code 44875000034500; UPC 0-34500-44875-8; Case (168 count) UPC 100-34500-44875-5	1/5/24	X	X
Schreiber	American Heritage String Cheese (Low-Moisture Part-Skim Mozzarella), 1 oz	1 oz	28	FG	80	6.0	67.5%	3.5	39.4%	0	yes	200	0	0	0.0%	yes	yes	yes	Thurston	Item STK19148; UPC 0-30900-91148-9 Case (168 count)	12/21/23	X	X