



**Farm Rich® Reduced Sodium Cheese Sticks made with whole grains
PC#65219**

Nutrition Facts Amount per School Serving

Serving Size: 5 sticks = 2 Bread/Grain and 2 Meat/Meat Alternate servings on the USDA Traditional Food Based Menu Plan for Child Nutrition

Pack Size: 8/3 lb. bags per case / approximately: 84 servings per case

Amount per Serving:

Calories 370

% in finished product (5 sticks)			
Protein	19g		Vitamin A 500 IU
Total Fat	18g	43%	Vitamin C 0.00 mg
Saturated Fat	7g	16%	Calcium 500mg
Trans Fat	0g		
Cholesterol	25mg		Iron 1.80mg
Sodium	410mg		
Total Carbohydrate	35g		
Dietary Fiber	3g		
Sugars	1g	1%	

Frozen Shelf Life: 18 months.

Number of sticks per pound of product: 18

Weight per stick, average: .88 oz

Commodity Donated Cheese per case:

10.81 lbs

Preparation Instructions:

1. Preheat Convection Oven to 350°F.
2. Place frozen cheese sticks in a single layer on a baking sheet lined with baking paper. Do not let sticks touch each other.
3. Bake 5 – 7 minutes or until internal temperature is 155°F. Longer time may be needed if multiple trays are being heated. Serve warm with a dipping sauce.

Ingredients: Ingredients: Low moisture part-skim mozzarella cheese (pasteurized part-skim milk, salt, enzymes), water, whole wheat flour, Reduced Fat Mozzarella Cheese (Pasteurized Part Skim Milk, Nonfat Milk, Cheese Cultures, Modified Cornstarch*, Salt, Vitamin A Palmitate, Vitamin D3, Enzyme), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Yellow Flour, Modified Cornstarch, Contains 2% or less of each of the following: Cultured Skim Milk, Dehydrated Garlic, Dehydrated Onions, Guar Gum, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Methylcellulose, Natural Flavor, Romano and Parmesan Cheeses (Pasteurized Milk, Cheese cultures, Salt, Enzymes), Salt, Sodium Citrate, Spices, Sugar, Whey Powder, Yeast. * Ingredient not in regular Mozzarella Cheese.
Contains: milk, wheat.

I certify that the above information is true and correct.

Shirley J Brown, Ed.D., SNS
Director, National Product Training