



USDA Foods in Schools

100012 - Cheese, Cheddar, Reduced Fat Category: Meat/Meat Alternate



Product Description

- This item is U.S. Grade A or higher yellow cheddar cheese with a reduced fat profile. This product is shredded and is shipped refrigerated in cases containing six 5-pound bags.

Crediting/Yield

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce cheese credits as 1 oz equivalent meat/meat alternate.

Culinary Tips and Recipes

- Cheddar cheese can be used as an ingredient in a variety of recipes such as casseroles, soups, or quesadillas.
- Offer shredded cheese as a topping for build-your-own options such as salad, baked potato, or burrito bars.
- Use reduced fat cheese in place of regular cheese to lower calories, fat, and saturated fat in menus.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.icsn.org) or [USDA's Team Nutrition](http://www.usda.gov/teamnutrition).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](http://www.fns.usda.gov/developing-a-school-food-safety-program-based-on-the-process-approach-to-haccp-principles).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1 ounce (28 g) cheddar cheese, reduced fat, shredded

Amount Per Serving

Calories 90

Total Fat 6g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 20mg

Sodium 210mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.