



## 100021 - Cheese, Mozzarella, Shredded Category: **Meat/Meat Alternate**



### Product Description

- This item is low moisture part skim shredded mozzarella cheese. This product is delivered frozen in a 30 pound case.

### Crediting/Yield

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

### Culinary Tips and Recipes

- Mozzarella cheese can be used as an ingredient with whole grain pasta dishes or as a topping for salad, eggs, or vegetables.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

### 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](#).

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## Nutrition Facts

Serving size: 1 ounce (28 g) mozzarella cheese, part skim, shredded

### Amount Per Serving

**Calories** 90

**Total Fat** 7g

Saturated Fat 5g

Trans Fat 0g

**Cholesterol** 25mg

**Sodium** 170mg

**Total Carbohydrate** 1g

Dietary Fiber 0g

Sugars 1g

**Protein** 6g

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.