



USDA Foods in Schools

100034 - Cheese, Mozzarella, Lite, Shredded
Category: **Meat/Meat Alternate**



Product Description

- This item is a lite shredded mozzarella cheese. It is delivered frozen in a 30 pound case.

Crediting/Yield

- One case yields 480 1-ounce portions of shredded cheese.
- CN Crediting: 1 ounce lite 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 salads, eggs, or vegetables.
- Use lite cheese in place of regular cheese options to lower calories, fat, and saturated fat in menus.
- 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](#).

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

Nutrition Facts

Serving size: 1 ounce (28 g) lite mozzarella cheese

Amount Per Serving

Calories 60

Total Fat 3g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 10mg

Sodium 170mg

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.