



# USDA Foods in Schools

**100036 - Cheese, American, Reduced Fat, Sliced**  
Category: **Meat/Meat Alternate**



### Product Description

- This item is a pasteurized, processed yellow blended American cheese with a reduced fat profile. This product is delivered refrigerated with six 5-pound loaves per case and 160 1/2-ounce slices per loaf.

### Crediting/Yield

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

### Culinary Tips and Recipes

- Sliced American cheese can be used in sandwiches, burgers, or as an ingredient in recipes that are enhanced by a smooth, creamy melted cheese.
- Use reduced fat American cheese in place of regular to lower the calories, fat and saturated fat in menus.
- Use processed cheeses in moderation when planning lower sodium 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](#).

Visit us at [www.fns.usda.gov/usda-fis](http://www.fns.usda.gov/usda-fis)

## Nutrition Facts

Serving size: 1 ounce/2 slices (28 g), reduced fat American cheese

### Amount Per Serving

**Calories** 80

**Total Fat** 5g

Saturated Fat 3g

Trans Fat 0g

**Cholesterol** 15mg

**Sodium** 280mg

**Total Carbohydrate** 2g

Dietary Fiber 0g

Sugars 1g

**Protein** 6g

Source: USDA Foods Vendor Information

**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.