




K-12 Foodservice Nutritional Chart 2014 - 2015
Portions



Product Code	44113 	44114 	44115 	44877	44878	44879
Product Description	RF Cheddar Cubes	Pepper Jack Cubes	25% RF Co-Jack® Cubes	Co-Jack® Cheese Stick	25% RF Co-Jack® Cheese Stick	Mild Cheddar Cheese Stick
Nutritionals						
SERVING SIZE:	1 oz. portion	1 oz. portion	1 oz. portion	1 oz. portion	1 oz. portion	1 oz. portion
SERVINGS/ CASE	200	200	200	168	168	168
MEAL COMPONENT	1 m/ma	1 m/ma	1 m/ma	1 m/ma	1 m/ma	1 m/ma
CALORIES	90	110	90	110	90	110
CALORIES FROM FAT	60	80	60	80	60	80
% CALORIES FROM FAT	67%	73%	67%	73%	67%	73%
TOTAL FAT	7 g	9 g	7 g	9 g	6 g	9 g
SATURATED FAT	4.5 g	6 g	4 g	6 g	4 g	6 g
TRANS FAT	0 g	0 g	0 g	0 g	0 g	0 g
CHOLESTEROL	20 mg	25 mg	20 mg	25 mg	20 mg	30 mg
SODIUM	190 mg	210 mg	180 mg	200 mg	200 mg	200 mg
TOTAL CARB.	0 g	1 g	1 g	0 g	0 g	0 g
DIETARY FIBER	0 g	0 g	0 g	0 g	0 g	0 g
SUGARS	0 g	0 g	0 g	0 g	0 g	0 g
PROTEIN	7 g	6 g	7 g	7 g	7 g	7 g
VITAMIN A	6% DV	6% DV	6% DV	4% DV	4% DV	6% DV
VITAMIN C	0% DV	0% DV	0% DV	0% DV	0% DV	0% DV
CALCIUM	20% DV	20% DV	20% DV	20% DV	20% DV	20% DV
IRON	0% DV	0% DV	0% DV	0% DV	0% DV	0% DV
Case Details						
Pack Size	200/1 oz	200/1 oz	200/1 oz	168/1 oz	168/1 oz	168/1 oz
Type of Storage Required	Refrigerated	Refrigerated	Refrigerated	Refrigerated	Refrigerated	Refrigerated
Guaranteed Shelf Life	90 Days	90 Days	90 Days	90 Days	90 Days	90 Days
Total Shelf Life	5 months	5 months	5 months	6 months	6 months	6 months

Updated 01/05/2015

Listed below are the meal contributions of the Land O'Lakes School Products for the National School Lunch Program, School Breakfast Program, and After School Snack Programs for 2014-15. For additional nutrition information please call 1-800-328-2844.

Cheddar Barrel Product Codes	Product Description	Recommended Serving Sizes with Meal Contributions	Serving sizes that provide 1 m/ma	Serving sizes that provide 0.5 m/ma
Cheese - Read-i-Pac® Slices				
44224	Read-i-Pac® 25% Reduced Fat Mild Cheddar Cheese Slices	2 slices provides 1 m/ma ¹	2 slices provides 1 m/ma ¹	1 slice provides 0.5 m/ma ¹
44238	Read-i-Pac® Pepper Jack Cheese Slices			
44261	Read-i-Pac® 25% Reduced Fat Swiss Cheese Slices			
Cheese - Slices				
46219	160 Slice American Process Cheese - W	2 slices provides 1 m/ma ¹	2 slices provides 1 m/ma ¹	1 slice provides 0.5 m/ma ¹
46253	160 Slice 50% Reduced Fat American Process Cheese - Y			
46255	160 Slice American Process Cheese - Y			
46268	160 Slice 25% Red. Sodium 50% Red. Fat American Process Cheese - Y			
46288	160 Slice 50% Red. Sodium 50% Red. Fat American Process Cheese - Y	2 slices provides 0.75 m/ma ¹	n/a	n/a
46236	184 Slice American Process Cheese - Y			
46240	184 Slice 50% Red Sodium 50% Red Fat American Process Cheese - Y			
Cheese - Shreds				
41698	Shredded LMPS Mozzarella Cheese	1 oz (¼ cup) provides 1 m/ma ¹	1 oz (¼ cup) provides 1 m/ma ¹	1/2 oz (2 tbsp) provides 0.5 m/ma ¹
41725	Shredded Sharp American Process Cheese - Y			
41728	Shredded Reduced 50% Fat American Process Cheese - Y			
41749	Shredded Mild Cheddar Cheese			
Cheese Bulk - Loaf & Cubes				
48174	5# Process American Cheese Loaf - Y	1 oz (28g) provides 1 m/ma ¹	1 oz (28g) provides 1 m/ma ¹	1/2 oz (14 g) provides 0.5 m/ma ¹
44751	25% Reduced Fat Mild Cheddar Cheese Cubes, 5# pouch	1 oz (28g) provides 1 m/ma ¹	1 oz (28g) provides 1 m/ma ¹	1/2 oz (14 g) provides 0.5 m/ma ¹
Grab-and-Go - Cheese Dip Cups				
39911	Ultimate Cheddar™ Cheese Dip Cup	3 oz cup provides 1 m/ma ²	3 oz cup provides 1 m/ma ²	n/a
39912	Mucho Queso® Jalapeno Cheese Dip Cup			
Grab-and-Go - Cheese Cubes				
44113	25% RF Cheddar Cheese Cubes	1 oz portion provides 1 m/ma ¹	1 oz portion provides 1 m/ma ¹	n/a
44114	Pepper Jack Cheese Cubes			
44115	25% Reduced Fat Co-Jack® Cubes			
Grab-and-Go - Cheese Sticks				
44877	Co-Jack® Cheese Stick	1 oz portion provides 1 m/ma ¹	1 oz portion provides 1 m/ma ¹	n/a
44878	25% Reduced Fat Co-Jack® Cheese Stick			
44879	Mild Cheddar Cheese Stick			
44881	25% Reduced Fat Mild Cheddar Cheese Stick			
44889	Pepper Jack Cheese Stick			
59701	Mozzarella String Cheese Portion			
59703	Light Mozzarella String Cheese Portion			
Sauces				
39940	Ultimate Cheddar™ Cheese Sauce Pouch	3 oz provides 1 m/ma ²	3 oz provides 1 m/ma ²	1.5 oz provides 0.5 m/ma ²
39941	Mucho Queso® Jalapeno Cheese Sauce Pouch			
39944	Italian Cheese Sauce Pouch			

Land O'Lakes, Inc.



FOODSERVICE
Simple goodness, made simple.

Cheddar Barrel Product Codes	Product Description	Recommended Serving Sizes with Meal Contributions	Serving sizes that provide 1 m/ma	Serving sizes that provide 0.5 m/ma
Entrees				
43274	Prepared 25% Red Sod 50% Red Fat Macaroni and Cheese Entree with whole grain	6 oz serving by weight provides 2 m/ma and 1 oz equivalent grain ^{2,3,4}	3 oz serving by weight provides 1 m/ma and 0.5 oz equivalent grain ²	Not recommended serving size
43277	Prepared 50% Red. Fat Macaroni and Cheese entrée with whole grain			
43284	Prepared 50% Red. Fat Macaroni and Cheese			
43292	Prepared Macaroni and Cheese with whole grain			

¹ As stated in the USDA Buying Guide one ounce of natural or processed cheese provides one meat alternate.

² Does not contain CN label. Land O'Lakes certifies that the above information is true and correct.

³ Meet USDA whole grain first ingredient requirement.

⁴ Meet USDA whole grain rich criteria. Land O'Lakes uses Exhibit A: School Lunch & breakfast crediting method for products in Exhibit A, Group H.

Product Code	Product Description	Recommended Serving Sizes with Meal Contributions	Serving sizes that provide 1 m/ma	Serving sizes that provide 0.5 m/ma
Pudding				
03720	Kozy Shack® Cowrageous® Vanilla Pudding Cup	Land O'Lakes' Kozy Shack products do not provide m/ma or grain contribution.		
03710	Kozy Shack® Cowrageous® Chocolate Pudding Cup			
73010	Kozy Shack® Chocolate Pudding Bulk			

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