

SHREDDED MOZZARELLA AND CHEDDAR CHEESE



Servings:	8.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9963
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
CHEESE MOZZ SHRD	1 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories		100.00	
Fat		7.50g	
SaturatedFat		4.75g	
Trans Fat*		0.00g	
Cholesterol		22.50mg	
Sodium		185.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.50g	
Protein		6.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	202.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available