

Shredded Cheese



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9246
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED SHRD	1 Ounce	Ready to serve.	199720

Preparation Instructions

Ready to serve.

CCP: Hold for cold service at 41° F or lower.

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: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving			
Calories	113.00		
Fat	9.00g		
SaturatedFat	6.00g		
Trans Fat*	0.00g		
Cholesterol	30.00mg		
Sodium	190.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	398.60		
Fat	31.75g		
SaturatedFat	21.16g		
Trans Fat*	0.00g		
Cholesterol	105.82mg		
Sodium	670.21mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	21.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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