

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.

Another option- 150250

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

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
Calories	113.00
Fat	9.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	190.00mg
Carbohydrates	0.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Nutrition - Per 100g	
Calories	398.60
Fat	31.75g
Saturated Fat	21.16g
Trans Fat	0.00g
Cholesterol	105.82mg
Sodium	670.21mg
Carbohydrates	0.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.16g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg