

USDA Foods Product Information Sheet

For Child Nutrition Programs



100003—Cheese, Cheddar, Yellow, Shredded

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a Grade A or higher yellow cheddar cheese. This product is shredded and contains six 5-pound bags of cheese per case.

CREDITING/YIELD

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

CULINARY TIPS AND RECIPES

- Cheddar cheese can be used as an ingredient in a variety of recipes such as casseroles, quesadillas or baked chicken dishes.
- Use shredded cheese as a topping for healthy dishes such as salad, baked potatoes, or burritos.
- Use reduced fat cheese to lower calories, fat, and saturated fat in menus.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

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](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g), cheddar cheese, shredded

Amount Per Serving

Calories 110

Total Fat 9g

Saturated Fat 6g

Trans Fat 0g

Cholesterol 30mg

Sodium 190mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference 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.