

B031 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow cheddar cheese is firm-textured, semi-hard, yellow cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium, or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb pouches per case. One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in its original container at 41 °F or lower until needed. Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. Shredded cheese tends to mold and dehydrate quicker than block cheese. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
<i>Trans</i> Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	<ul style="list-style-type: none"> • Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. • Serve as is in wraps/hoagies, in cooked dishes such as sauces, combination dishes, or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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