

**B034 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, LOAVES, 10 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Reduced fat cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between ¼ to ⅓ less fat than traditional cheddar cheese.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/10 lb loaves per case.</li> <li>One 10 lb loaf AP yields about 40 cups shredded cheese OR about 20 cups cubed cheese and provides about 160.0 1-oz servings cheese.</li> <li>One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese.</li> <li>CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store cheese in its original container at 41 °F or lower until needed.</li> <li>If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Cheese, cheddar, reduced fat

	1 oz (28 g)
Calories	80
Protein	7.71 g
Carbohydrate	0.57 g
Dietary Fiber	0 g
Sugars	0.16 g
Total Fat	5.19 g
Saturated Fat	3.29 g
<i>Trans</i> Fat	N/A
Cholesterol	16 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Magnesium	10 mg
Potassium	26 mg
Vitamin A	179 IU
Vitamin A	43 RAE
Vitamin C	0 mg
Vitamin E	0.05 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 °F to 80 °F is ready to cut.</li> <li>• 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.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded.</li> <li>• Serve reduced fat cheddar cheese as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes, or breads, or as a garnish for vegetable or fruit salads.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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