

**B037 – CHEESE, MOZZARELLA, LMPS, SHREDDED, FROZEN, 30 LB**



**Nutrition Information**

Cheese, mozzarella, part skim milk, low moisture

<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>Low moisture, part skim (LMPS) mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains 30-45% milkfat by weight of the solids. Mozzarella has a mild pleasing flavor and is a good cooking cheese due to its good binding properties, moist texture, and ability to melt. Mozzarella cheese is an important source of calcium and also provides protein, Vitamin A, and phosphorus to the diet. Shredded mozzarella cheese is frozen.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 120 cups shredded cheese and provides about 480.0 1-oz servings cheese.</li> <li>One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings.</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>Shredded cheese tends to mold and dehydrate quicker than block cheese.</li> <li>Because of mold considerations, store mozzarella cheese frozen in its original container at 0 °F or lower until needed for use. Store cheese out of the airflow in the cooler so it does not pick up any off-flavor air spores common in coolers. Once mozzarella cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Re-wrap cheese with new plastic wrap each time opened for serving and place in its original container or other sealed container. Double-wrap if cheese will be used more than a week after opening.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1 oz (28 g)
Calories	86
Protein	7.36 g
Carbohydrate	1.09 g
Dietary Fiber	0 g
Sugars	0.17 g
Total Fat	5.68 g
Saturated Fat	3.59 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.07 mg
Calcium	207 mg
Sodium	150 mg
Magnesium	7 mg
Potassium	27 mg
Vitamin A	147 IU
Vitamin A	39 RAE
Vitamin C	0 mg
Vitamin E	0.10 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>• Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process.</li> <li>• Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve as is in wraps, cooked dishes such as lasagna and pizza, 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 any part of a package of shredded cheese contains mold, discard the package.</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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