

B071 – CHEESE, CHEDDAR, WHITE, BLOCK, 40 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> White cheddar cheese is a firm-textured, semi-hard, white 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. It may be shredded.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb block. One 40 lb block AP yields about 160 cups shredded cheese OR about 80 cups cubed cheese and provides about 640.0 1-oz servings cheese. One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings 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. 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
Trans 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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<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • 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. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife. • 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.
<p>USES AND TIPS</p>	<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. For this reason, previously frozen cheese is best used crumbled or shredded. • Serve as is in sandwiches, with fruit, in cooked dishes such as sauces, combination dishes, or breads, or as a garnish for vegetable or fruit salads.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • 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.
<p>BEST IF USED BY GUIDANCE</p>	<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.