



**Farm Rich® Breaded Mozzarella Cheese Sticks**



**65215**

**Nutrition Facts Amount per School Serving**

Serving Size 3 sticks = 1 oz cheese and 1.25 slice bread credit

Pack Size: 8/1.5 lb.

Amount per Serving					
Calories 210		Calories from Fat 90			
% Daily Value*					
<b>Protein</b>	10g		Vitamin A	176IU	4%
<b>Total Fat</b>	10g	<b>15%</b>	Vitamin C	0mg	0%
Saturated Fat	4.5g	<b>23%</b>	Calcium	240mg	25%
Trans Fat	0g		Iron	1.08mg	6%
<b>Cholesterol</b>	15mg	<b>6%</b>			
<b>Sodium</b>	410mg	<b>17%</b>			
<b>Total Carbohydrate</b>	19g	<b>6%</b>			
Dietary Fiber	1g	<b>3%</b>			
Sugars	1g				

Number of sticks per pound of product, average: 20  
 Weight per stick, average: 23 grams  
**Cheese content of product:** 47.94%  
 Weight of cheese per stick, average: 11.03 grams  
 1.0 oz (28.34 grams) of cheese equals 1.00 meat/meat alternate  
 11.03g x 3 sticks 33.09 grams  
**Batter and Breading content of product:** 50.00%  
 Weight of Batter and Breading per stick, average: 11.5 grams  
 25 grams of batter and breading equal 1 slice bread credit.  
 11.5g x 3 sticks 34.5 grams

We certify that the above information is true and correct.

Raymond L. Jones  
 Vice President, Corporate Food Safety & Shrimp Procurement

20 January 2006

P.O. Box 20670 St. Simons Island, GA 31522 1-800-654-9731