



Farm Rich® Breaded Mozzarella Cheese Sticks



65216

Nutrition Facts Amount per School Serving


Serving Size 5 sticks = 2 oz cheese and 2.25 slice bread credit

Pack Size: 8/3 lb.

Amount per Serving					
Calories 440 Calories from Fat 230					
% Daily Value*					
Protein	19g		Vitamin A	404IU	8%
Total Fat	21g	32%	Vitamin C	0.4mg	0%
Saturated Fat	8g	41%	Calcium	407mg	40%
Trans Fat	0g		Iron	2.2mg	10%
Cholesterol	30mg	10%			
Sodium	740mg	31%			
Total Carbohydrate	33g	11%			
Dietary Fiber	4g	15%			
Sugars	1g				

Number of sticks per pound of product, average:	18
Weight per stick, average:	24.5 grams
Cheese content of product:	47.29%
Weight of cheese per stick, average:	11.59 grams
1.0 oz (28.34 grams) of cheese equals 1.00 meat/meat alternate	
11.59g x 5 sticks	57.95 grams
Batter and Breading content of product:	50.00%
Weight of Batter and Breading @ 50% per stick, average:	12.25 grams
25 grams of batter and breading equal 1 slice bread credit.	
12.25g x 5 sticks	61.25 grams

We certify that the above information is true and correct.


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

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