



**Farm Rich® Better for You  
Breaded Mozzarella Cheese Sticks**

 **65220** 

**Nutrition Facts Amount per School Serving**

Serving Size 6 sticks = 2.00 bread credit and 2.00 oz. serving of cheese

Pack Size: 8/3 lb.

**Amount per Serving**

	Calories 310	Calories from Fat 100			
	% Daily Value*				
<b>Protein</b>	21g		Vitamin A	585IU	10%
<b>Total Fat</b>	11g	17%	Vitamin C	0.72mg	2%
Saturated Fat	3.5g	18%	Calcium	387mg	40%
Trans Fat	0g				
<b>Cholesterol</b>	10mg	3%	Iron	1.49mg	8%
<b>Sodium</b>	690mg	29%			
<b>Total Carbohydrate</b>	35g	12%			
Dietary Fiber	4g	16%			
Sugars	1g				

Number of sticks per pound of product:	21
Weight per stick, average:	21.66 grams
<b><u>Cheese content of product:</u></b>	46.21%
Weight of cheese per stick:	10.00 grams
<b><u>Batter and Breading content of product:</u></b>	51.10%
Weight of Batter and Breading per stick:	11.06 grams
25 grams of batter and breading equal 1 slice bread credit.	

We certify that the above information is true and correct.



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

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