

Whole Grain Mozzarella Cheese Sticks

Provides 2 Meat / 1.5 Grain



Nutrition Facts

Serving Size: 4.2 OZ
 Household Serving Size: 5 pieces
 Number of Servings per Package: 83

Amount Per Serving		Calories from Fat: 170
Calories	350	
Per Serving		% Daily Value*
Total Fat	19 g	29%
Saturated Fat	8 g	40%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	350 mg	15%
Total Carbohydrate	26 g	9%
Dietary Fiber	2 g	8%
Sugars	5 g	
Protein	19 g	

	Per Srv		Per Srv
Vitamin A	8%	Vitamin C	0%
Calcium	45%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram	
Fat 9	Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Pack	Pack Description
G1041DF	30041810010415	4 X 5.45 LB	

Brand	GPC Description
High Liner Foods	Cheese/Cheese Substitutes (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
23.958 LB	21.78 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
16.125	11.875	8.875 IN	0.983 CF	10x6	365 Days	-15 FA / -14 FA

Ingredients :

LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT AND YELLOW CORN FLOUR (WHEAT FLOUR, YELLOW CORN FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN, CANOLA, AND/OR COTTONSEED OIL), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: CELLULOSE GUM, SUGAR, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, SALT, METHYLCELLULOSE, ONION POWDER. CONTAINS: MILK, WHEAT

Prep & Cooking Suggestions :

Convection oven: Bake from frozen at 350 degrees F for 6-8 minutes

Serving Suggestions :

Dip them in your own special sauce or with a traditional marinara and enjoy!

Claims :

BAP Certified :
 MSC Certified :

Child Nutrition :

Has CN Statement : Yes
 CN Statement : Five sticks=2M/ 1.5G

CN Information :

CN Statement : Five sticks=2M/ 1.5G

Suggested Bid : Mozzarella Cheese coated with Whole Grain Compliant Breading. Contains under 500 mg of sodium. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : Portsmouth 0.4012 oz Equivalent Meat/Meat Alternate (from Cheese) x 5 Number of Portions
2.006oz Equivalent Meat/Meat alternate Declare 2.00 oz

WholeGrain Credit Calculation : 14.6549% Whole Grain / 23.1505% Total Grain Component = 63.3027% Whole Grain 5 x 0.84oz cheese stick x .231505 (% Creditable Grains from Batter & Breader) = 0.97232 oz creditable grains/5 cheese sticks (0.97232 oz Creditable Grains/4.2 oz serving [5 cheese sticks] x 28.35g/oz) / 16.0 g/oz equiv whole grains = 1.7228 oz equiv whole grains/ 5 x 0.84 oz cheese sticks DECLARE 1.50 oz Equivalent Grains / 5 x 0.84 oz cheese sticks



0.84 oz Mozzarella Cheese Sticks Item # G1041

Whole Grain Pre-Cooked Breaded Mozzarella Cheese Sticks

INGREDIENTS: LOW MOISTURE, PART SKIM MOZZARELLA CHEESE, PASTEURIZED, CHAMBERLAIN BRAND, WHOLE WHEAT FLOUR, WATER, CHAMBERLAIN BRAND, WHOLE WHEAT FLOUR, CHEESE CULTURES, SALT, ENZYMES, WHOLE WHEAT FLOUR, WATER, CHAMBERLAIN BRAND, WHOLE WHEAT FLOUR, FLOUR, RICE, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, ASCORBIC ACID, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ENRICHED CORN FLOUR, CORN FLOUR, NICKEL, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, VITAMIN B6, CELLULOSE GUM, SUGAR, YEAST LEAVENING, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, GARLIC POWDER, SALT, MONO & D CELLULOSE, ONION POWDER, PRE-FRIED IN CANOLA OIL, UNREFINED, AND/OR SOYBEAN OIL. CONTAINS: MILK, WHEAT.

Five Precooked Breaded Mozzarella Cheese Sticks (0.84 oz each) provide 200 or equivalent meat alternate and 1.50 oz equivalent grains for Child Nutrition Meal Pattern Requirements (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 02/13)

Cooking Instructions: Convection Oven: Bake from frozen for 6 to 8 minutes or until an internal temperature of 165°F is reached. KEEP FROZEN DO NOT REFREEZE

NET WT 21.78 (9.89 kg) CONTAINS MIN 83.4.2 oz SERVINGS
03-17-13 LOT NO: 0023075122



Copy not for documenting Federal Meal Requirements

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods