

# WG Italian Mozzarella Cheese Sticks

Child Nutrition Compliant. Provides 2 Meat / 2 Grains.



## Nutrition Facts

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

Amount Per Serving		
<b>Calories</b>	320	Calories from Fat: 120
Per Serving		
<b>Total Fat</b>	14 g	21%
Saturated Fat	5 g	24%
Trans Fat	0 g	
<b>Cholesterol</b>	15 mg	5%
<b>Sodium</b>	490 mg	20%
<b>Total Carbohydrate</b>	31 g	10%
Dietary Fiber	3 g	13%
Sugars	3 g	
<b>Protein</b>	18 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	6%	<b>Vitamin C</b>	8%
<b>Calcium</b>	40%	<b>Iron</b>	10%

\*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	Type Of Catch
G1042DF	30041810010422	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
25.05 LB	21.78 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 IN	11.5 IN	9.5 IN	0.97996	10x6	456 Days	-15 FA / -14 FA

## Ingredients :

LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SUGAR, GARLIC POWDER, ONION POWDER, YEAST EXTRACT, MODIFIED CELLULOSE, WHEY, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN STARCH, SALT, DEHYDRATED PARSLEY, YELLOW CORN FLOUR, COLOR ADDED, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA, ANNATTO, AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: WHEAT, MILK

## Prep & Cooking Suggestions:

Keep frozen until ready to prepare. Do not refreeze. For food safety and quality, follow these cooking instructions. Convection Oven: Preheat oven to 425F. Place the sticks in a single layer on a baking sheet. Bake in the oven for 6 to 7 minutes or until an internal temperature of 160F is reached. Deep Fryer: Preheat deep fryer to 350F. Place frozen sticks in fryer. Fry for 2 minutes 15 seconds. Note: Oven temperatures may vary. Adjust cooking times accordingly. Caution: Cheese filling may be hot.

## Serving Suggestions:

Dip in your favorite sauce.

## Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C
Soy - N	Wheat - C
Fish - N	Crustacean - N
Nuts - N	TreeNuts - N
Peanuts - N	

## Claims & Child Nutrition:

BAP Certified :  
 MSC Certified :  
 Has CN Statement : Yes  
 CN Statement : Five .84 oz sticks = 2M/ 2G

## Species / Scientific Name:

**CN Information :**

CN Statement : Five .84 oz sticks = 2M/ 2G

Suggested Bid : Mozzarella Cheese coated with Italian Style Whole Grain Compliant Breading. Contains under 500mg of sodium and 15g of Total Fat. 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 : 16.8245% Whole Grain / 28.1788% Total Grain Component = 59.7062% Whole Grain 5 x 0.84oz cheese stick x .281788 (% Creditable Grains from Batter & Breader) 1.1835 oz creditable grains/5 cheese sticks (1.1835 oz Creditable Grains/4.2 oz serving [5 cheese sticks] x 28.35g/oz) / 16.0 g/oz equiv whole grains = 2.0970 oz equiv whole grains/ 5 x 0.84 oz cheese sticks DECLARE 2.00 oz Equivalent Grains / 5 x 0.84 oz cheese sticks



Product # G1042  
 0.84 oz Whole Grain Mozzarella Cheese Sticks  
 Golden Crunchy Breaded Cheese Sticks

INGREDIENTS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS LESS THAN 2% OF MODIFIED CORN STARCH, SUGAR, GARLIC POWDER, ONION POWDER, YEAST, MODIFIED CELLULOSE, YEAST EXTRACT, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, DRIED PARSLEY, SALT, CORN STARCH, YELLOW CORN FLOUR, FRUIT CONCENTRATE FOR COLOR (APPLE, HIBISCUS), MALTODEXTRIN, EXTRACTIVES OF PAPRIKA, ANNATTO, AND TURMERIC (COLOR), PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS WHEAT, MILK



Five Precooked Breaded Mozzarella Cheese Sticks (0.84 oz each) provide 2.00 oz equivalent meat alternate and 2.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 09/13/11)

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat oil to 350°F and fry for 2 minutes; 15 seconds. TO BAKE: Preheat oven to 425°F and bake for 8-7 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 160°F MINIMUM. CAUTION: CHEESE FILLING MAY BE HOT

NET WT 21.78 Lb (9.89 kg)  
 LOT NO:

Contains Min 83 - 4.2 oz Servings  
 MANUFACTURED BY: HIGH LINER FOODS  
 PORTSMOUTH, NH 03801  
 For Inquiries Call: 1-888-860-3664  
 www.highlinerfoods.com

*Kathy Gilmore* Date: 11/14/2013

Kathy Gilmore, Quality Engineer  
 High Liner Foods