



**Farm Rich® Better for You**  
**Breaded Mozzarella Cheese Sticks**  
**65220**

**Nutrition Facts      Amount per School Serving**

Serving Size: 6 sticks = 2.50 bread credits and 2.00 oz. serving of Meat/Meat Alternate on the USDA Traditional Food Based Menu Plan for Child Nutrition

Pack Size: 8/3 lb. bags per case / 87.44 servings per case

**Amount per Serving**

**Calories 310**

**Calories from Fat 100**

% in finished product (6 sticks)			
<b>Protein</b>	21g		<b>Vitamin A</b> 585IU
<b>Total Fat</b>	11g	<b>32%</b>	<b>Vitamin C</b> 0.72mg
Saturated Fat	3.5g	<b>10%</b>	<b>Calcium</b> 387mg
Trans Fat	0g		
<b>Cholesterol</b>	10mg		<b>Iron</b> 1.49mg
<b>Sodium</b>	690mg		
<b>Total Carbohydrate</b>	35g		
Dietary Fiber	4g		
Sugars	1g	<b>1%</b>	

**Frozen Shelf Life: 18 months.**

Number of sticks per pound of product: 21

Weight per stick, average: 21.66 grams

**Cheese content of product:**

46.21%

Weight of cheese per stick:

10.00 grams

**Batter and Breading content of product:**

51.10%

Weight of Batter and Breading per stick:

11.06 grams

25 grams of batter and breading equal 1 slice bread credit.

**Preparation Instructions:**

1. Preheat Convection Oven to 350°F.
2. Place frozen cheese sticks in a single layer on a baking sheet lined with baking paper. Do not let sticks touch each other.
3. Bake 6 – 7 minutes or until internal temperature is 155°F. Longer time may be needed if multiple trays are being heated. Serve warm with a dipping sauce.

**Ingredients:** Reduced fat mozzarella cheese (pasteurized part-skim milk, nonfat milk, cheese cultures, modified food starch\*, salt, vitamin A palmitate, enzymes), whole wheat flour, water, bleached wheat flour, soybean oil, modified food starch, contains 2% or less of each of the following: cholecalciferol (vitamin D3), dextrose, dried garlic, leavening (sodium aluminum phosphate), modified vegetable gum, dried onion, salt, spices, dried yeast.

\*Ingredient not in regular mozzarella cheese.

Contains: milk, wheat.

We certify that the above information is true and correct.

Raymond L. Jones

Vice President, Food Safety & Shrimp Procurement

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