

# 221931 - Land O Lakes® 25% Reduced Fat Colby Jack Cheese Stick...

Land O Lakes® Reduced Fat Colby Jack Cheese Sticks are the perfect ready-to-serve individually wrapped, kid-pleasing protein for meals and snacks. 3 bags of 56-1oz packages. Meal Contribution Credit per serving: 1oz portion provides 1 M/MA.



## MARKETING

" - 6 g of total fat per serving - Individually wrapped stick for easily adding protein to your menu - Versatile and economical - 1 M/MA"

## Nutrition Facts

1 Servings per container	
<b>Serving Size</b>	<b>1 STICK</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7	<b>9%</b>
Saturated Fat 4 g	<b>20%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrates</b> 1 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 7 g	
Vitamin D 0 mcg	0%
Calcium 200 mg	15%
Iron 0 mg	0%
Potassium 30 mg	0%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
00345004487500	221931	00034500448758	1 oz Stick

Brand	Brand Owner	GPC Description
LAND O LAKES	LAND O'LAKES	Cheese (Perishable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
0.0645 LBR	0.0625 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
0.5 INH	0.75 INH	6.5 INH	0.00141 FTQ	0x0	180 Days	33 FAH / 35 FAH

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - 30
- Soy - 30
- Wheat - 30
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - 30

## SERVING SUGGESTIONS

Serve as a snack. Create your own bistro box with breads, vegetables, and or fruit. Breakfast, lunch or afterschool snack. Perfect for self-serve bars.

## INGREDIENTS

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color), Vitamin A Palmitate.

## HANDLING SUGGESTIONS

Keep Refrigerated

## PREPARATION & COOKING SUGGESTIONS

Ready to eat.

## MORE INFORMATION

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### NUTRITIONAL ANALYSIS



Calories	90
Protein	7 g
Total Carbohydrates	1 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	85
Vitamin A (RE)	85
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7
Trans Fat	0 g
Saturated Fat	4 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	190 mg
Calcium	200 mg
Iron	0 mg
Potassium	30 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS

