

# **Farm Rich Better for You Breaded Mozzarella Cheese Sticks, #65220 – High School**

## **Ingredients:**

Reduced fat mozzarella cheese (pasteurized part-skim milk, nonfat milk, cheese cultures, modified food starch\*, salt, vitamin A palmitate, vitamin D3, enzymes), whole wheat flour, water, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, modified corn starch, contains 2% or less of each of the following: garlic powder, leavening (baking soda, sodium aluminum phosphate), methylcellulose, onion powder, salt, spice, sugar, yeast.

\*Ingredient not in regular mozzarella cheese

**Contains: Milk, Wheat, Soy**

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## **NUTRITION FACTS**

*Serving Size: 6 STICKS*

*Amount Per Serving*

*Calories 324*

*Total Fat 12g*

*Saturated Fat 4g*

*Trans Fat 0g*

*Cholesterol 18mg*

*Sodium 660 mg*

*Total Carbohydrate 36g*

*Dietary Fiber 4g*

*Sugars 2g*

*Protein 19g*

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

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**\*\*This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.\*\***

# Low Sodium Tomato Sauce, Furmano's - #50078

Please Note:  
Serving size for  
mozzarella sticks is  
1/4 cup.

## Ingredients:

TOMATO CONCENTRATE (WATER, TOMATO PASTE),  
SOYBEAN OIL, DEXTROSE, SPICES, DEHYDRATED  
ONION, CITRIC ACID AND NATURAL FLAVORING.

**Contains: Soy**

**\*\*This is a representation of the nutrition label. The actual  
nutrition label on the product may vary slightly.\*\***

Newington Foods and Nutrition Services  
Updated August 2013

<b>Nutrition Facts</b>			
Serving Size 1/2 cup (122 g)			
Servings Per Container About 24			
Amount Per Serving			
<b>Calories 35</b>		Calories from Fat 0	
			<b>% Daily Value*</b>
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 45mg			<b>2%</b>
<b>Total Carbohydrate</b> 7g			<b>2%</b>
Dietary Fiber 2g			<b>7%</b>
Sugars 2g			
<b>Protein</b> 3g			
Vitamin A 15%	•	Vitamin C 4%	
Calcium 2%	•	Iron 4%	
*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