

# Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Prepared)		
Serving Size 30 g		
Servings Per Container 76		
Amount Per Serving		
Calories	90	Calories from fat 60
% Daily Value*		
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	20 mg	6%
Sodium	190 mg	8%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugar	0 g	
Protein	7 g	
Vitamin A	183.85 NIU	4%
Vitamin C	0 mg	0%
Calcium	210.256 mg	20%
Iron	.071 mg	0%

(-) Information is currently not available for this nutrient.  
 \* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.\*\*  
 \*\* Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

		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		2400mg	2400mg
Potassium			3500mg	3500mg
Total Carbohydrates			300mg	375mg
Dietary Fiber			25mg	30mg

Calories per gram:  
 Fat 9                      Carbohydrate 4                      Protein 4

## Child Nutrition Label:

### Ingredients:

LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POTATO STARCH, CANOLA OIL AND CELLULOSE POWDER ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR).

## Allergens and Diet

### Allergens (FDA)

- Peanuts:** Free From
- Tree Nuts:** Free From
- Eggs:** Free From
- Milk:** Contains
- Fish:** Free From
- Molluscs:**
- Crustacean:** Free From
- Soy:** Free From
- Wheat:** Free From

### Suitable for Diet