



USDA Foods in Schools

100018 - Cheese, American, Processed, Sliced Category: Meat/Meat Alternate



Product Description

- This item is a pasteurized, processed yellow American cheese. This product is delivered refrigerated with six 5-pound loaves per case and 160 1/2-ounce slices per loaf.

Crediting/Yield

- One case yields 480 1-ounce portions of cheese.
- CN Crediting: 1 ounce processed cheese credits as 1 oz equivalent meat/meat alternate.

Culinary Tips and Recipes

- Sliced American cheese can be used in sandwiches, burgers, or as an ingredient in recipes that are enhanced by a smooth, creamy melted cheese.
- Processed cheeses should be used in moderation when planning lower sodium menus.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1 ounce/2 slices (28 g), American cheese

Amount Per Serving

Calories 110

Total Fat 9g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 25mg

Sodium 270mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 5g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.