

# put some happy on the menu

.....  
The Land O'Lakes K12 Product Guide



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# What matters to you, matters to us.

From Land O'Lakes' entrepreneurial beginnings in 1921, our farmer-owned food and agricultural cooperative has developed into a trusted, global name, built on a rich heritage of **integrity, taste** and **quality**. Our commitment to our local communities, and to responsible global practices, means that we're focused on **helping farmers** produce more food using **fewer resources** in an increasingly **sustainable manner**.



## Meet regulations and expectations

With the delicious and nutritious products from Land O Lakes, you can meet nutritional requirements while making your students happy at the same time.



Reduced Fat Content



Low Sodium Option



Whole Grain Rich



Commodity Compliant



USDA Smart Snacks Compliant



Cool School Cafe\* Compliant

\*The Cool School Cafe® program gives foodservice directors added resources when purchasing LAND O LAKES® products.

[www.coolschoolcafe.com](http://www.coolschoolcafe.com)















For more information, contact your sales representative.

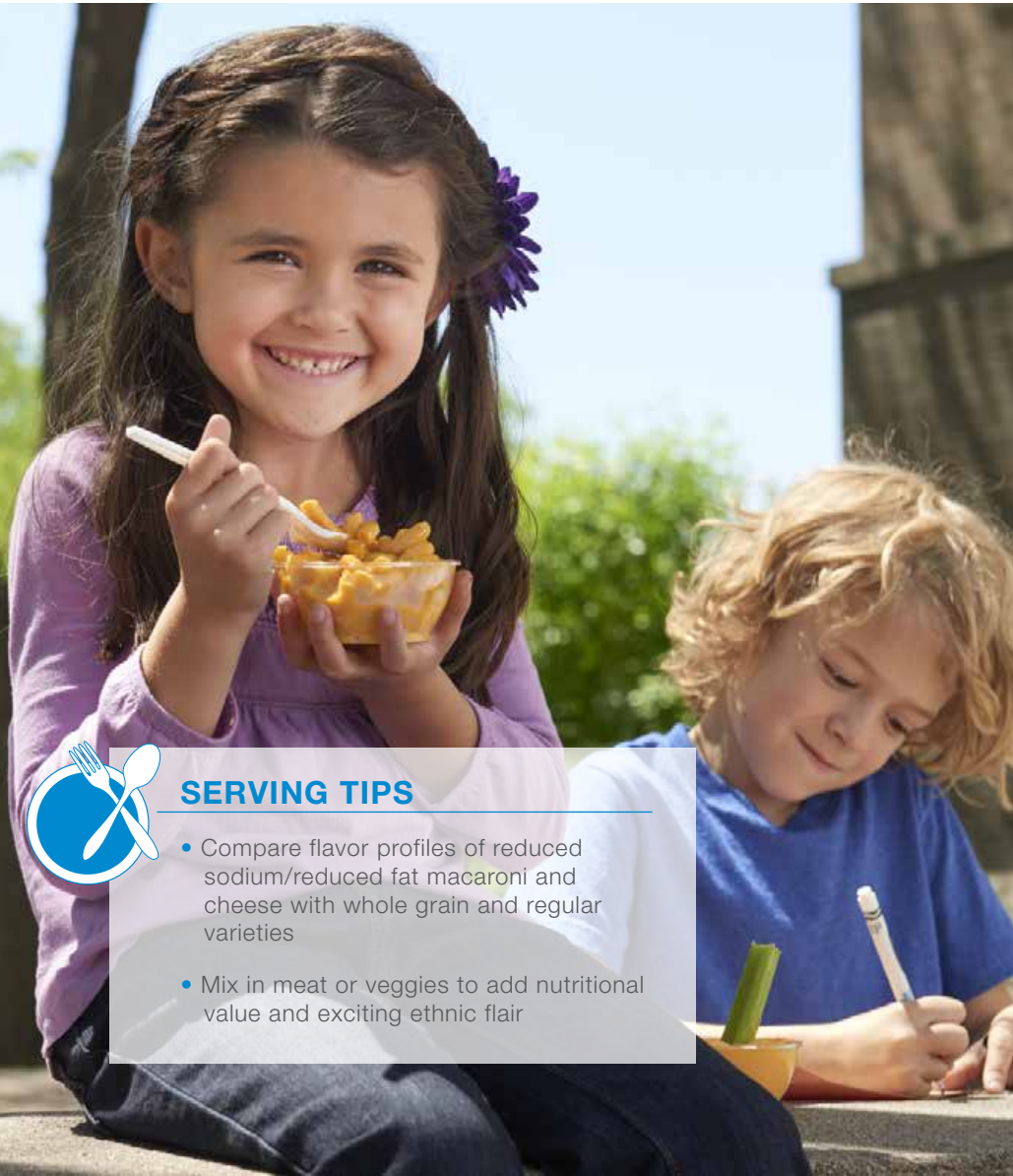
[businessinfo@landolakes.com](mailto:businessinfo@landolakes.com)  
[www.landolakesfoodservice.com](http://www.landolakesfoodservice.com)  
 1.800.328.1322



FOODSERVICE

# Macaroni and Cheese

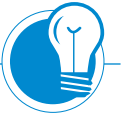
										SHELF LIFE	
			M/MA	EQ. GRAIN	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK	GUARANTEED	TOTAL
	Prepared 25% RS, 50% RF Macaroni and Cheese with Whole Grain	    	2	1	43274	5 lb.	Frozen	6.66	6/5 lb.	90 days	12 mo.
	Prepared 50% RF Macaroni and Cheese with Whole Grain	   	2	1	43277	5 lb.	Frozen	6.25	6/5 lb.	90 days	12 mo.
<b>NEW!</b>	Prepared Macaroni and Cheese with Whole Grain	  	2	1	43292	5 lb.	Frozen	8.73	6/5 lb.	90 days	12 mo.
	Prepared 50% RF Macaroni and Cheese	 	2	1	43284	5 lb.	Frozen	6.25	6/5 lb.	90 days	12 mo.



## SERVING TIPS

- Compare flavor profiles of reduced sodium/reduced fat macaroni and cheese with whole grain and regular varieties
- Mix in meat or veggies to add nutritional value and exciting ethnic flair

## MENU INSPIRATION



Customize LAND O LAKES® Macaroni and Cheese by adding ingredients to meet nutritional standards.

### Vegetables

- Diced tomatoes / drained
- Sliced jalapeños peppers
- Diced green chillies
- Sautéed green peppers
- Blanched sliced carrots
- Blanched peas
- Blanched broccoli florets
- Blanched French cut green beans

### Meat

- Cooked chicken
- Browned ground beef
- Browned ground turkey
- Browned veggie burger
- Grilled chicken strips

### Seasonings

- Taco seasoning
- Curry powder
- Dry mustard
- Italian seasoning
- Parmesan cheese



# Macaroni and Cheese

**43274 LAND O LAKES®**  
Prepared 25% RS, 50% RF Macaroni and Cheese with Whole Grain

Nutrition Facts	
Serving Size 6 oz. Serving Per Case 80	
Amount per Serving	
<b>Calories 280</b> Calories from Fat 100	
%Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 670 mg	<b>28%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 17g	
Vitamin A 15%	Vitamin C 0%
Calcium 40%	Iron 6%

**Ingredients**

Cooked Enriched Whole Grain Pasta (Water, Whole Durum Wheat Flour, Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Reduced Sodium Reduced Fat American Cheese (Cultured Pasteurized Milk and Skim Milk, Contains Less Than 2% of Salt, Dipotassium Phosphate, Sodium Phosphate, Lactic Acid, Sorbic Acid (Preservative), Annatto and Oleoresin Paprika (Color) Vitamin A Palmitate, Water, Maltodextrin, Contains Less Than 2% of Natural Flavor, Butter (Cream, Salt), Salt, Food Starch-Modified, Xanthan Gum.

**Contains: Milk, Wheat, Egg**

**43277 LAND O LAKES®**  
Prepared 50% RF Macaroni and Cheese with Whole Grain

Nutrition Facts	
Serving Size 6 oz. Serving Per Case 80	
Amount per Serving	
<b>Calories 290</b> Calories from Fat 100	
%Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 980 mg	<b>41%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 17g	
Vitamin A 15%	Vitamin C 0%
Calcium 40%	Iron 6%

**Ingredients**

Cooked Enriched Whole Grain Pasta (Water, Whole Durum Wheat Flour, Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Reduced Fat American Cheese (Cultured Pasteurized Milk and Skim Milk, Salt, Sodium Phosphate, Contains Less Than 2% of Lactic Acid, Annatto and Oleoresin Paprika (Color), Vitamin A Palmitate, Enzymes), Water, Maltodextrin, Contains Less Than 2% Of Natural Flavor, Autolyzed Yeast Extract, Butter (Cream, Salt), Food Starch-Modified, Xanthan Gum.

**Contains: Milk, Wheat, Egg**

**43292 LAND O LAKES®**  
Prepared Macaroni and Cheese with Whole Grain

Nutrition Facts	
Serving Size 6 oz. Serving Per Case 80	
Amount per Serving	
<b>Calories 350</b> Calories from Fat 190	
%Daily Value*	
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 1g	
<b>Cholesterol</b> 65 mg	<b>22%</b>
<b>Sodium</b> 910 mg	<b>38%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 17g	
Vitamin A 15%	Vitamin C 0%
Calcium 40%	Iron 6%

**Ingredients**

Cooked Enriched Whole Grain Pasta (Water, Whole Durum Wheat Flour, Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Pasteurized Process American Cheese (Cheddar Cheese (Cultured Milk, Salt, Enzymes), Cream, Sodium Phosphate, Salt, Apo-Carotenol and Annatto Extract (Color)), Water, Contains Less Than 2% of Butter (Cream, Salt), Whey, Buttermilk, Food Starch - Modified, Natural Flavor, Autolyzed Yeast Extract, Sugar, Spice, Xanthan Gum, Apo-carotenol (Color).

**Contains: Milk, Wheat, Egg**

**43284 LAND O LAKES®**  
Prepared 50% RF Macaroni and Cheese

Nutrition Facts	
Serving Size 6 oz. Serving Per Case 80	
Amount per Serving	
<b>Calories 290</b> Calories from Fat 100	
%Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 980 mg	<b>41%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 6g	
<b>Protein</b> 16g	
Vitamin A 15%	Vitamin C 0%
Calcium 40%	Iron 6%

**Ingredients**

Cooked Enriched Pasta (Water, Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Reduced Fat American Cheese (Cultured Pasteurized Milk and Skim Milk, Salt, Sodium Phosphate, Contains Less Than 2% of Lactic Acid, Annatto and Oleoresin Paprika (Color), Vitamin A Palmitate, Enzymes), Water, Maltodextrin, Contains Less Than 2% of Natural Flavor, Autolyzed Yeast Extract, Butter (Cream, Salt), Food Starch-Modified, Xanthan Gum.

**Contains: Milk, Wheat, Egg**



## HEATING & HANDLING INSTRUCTIONS

Fully-prepared product can be heated and served from a thawed state. For best results, allow product to thaw in refrigerator overnight before heating entire pouch in a steamer or boiling water. Heating times can vary with the type of equipment used and number of pouches heated. Take internal temperature by placing thermometer in fold of pouch.

Item #		Steamer	Boiling Water
<b>43274</b>	Thawed	35 min.	35 min.
<b>43277</b>	Thawed	35 min.	35 min.
<b>43292</b>	Thawed	35 min.	40 min.
	Frozen	50 min.	45 min.
<b>43284</b>	Thawed	35 min.	40 min.
	Frozen	50 min.	45 min.

- **Steamer (preferred method):** Place thawed, unopened pouch in steamer and heat until internal temperature reaches **165°F**. Reference chart above for appropriate heating time.
- **Boiling Water:** Place thawed, unopened pouch in water and heat until internal temperature reaches **165°F**. Pouches should float freely in water and be rotated during heating process.
- **Holding Instructions:** In the warming cabinet, maintain hot **holding temperature at 145°F**. When possible, keep product in heated pouches until serving; then remove and pour into serving pans. If pre-panned, keep product covered tightly. LAND O LAKES® Macaroni and Cheese varieties can be **held up to 1½ hours**.

**CAUTION: Product will be very hot when pouches are opened.**



FOODSERVICE

# Sauces

	M/MA	EQ. GRAIN	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK	SHELF LIFE	
								GUARANTEED	TOTAL
Ultimate Cheddar™ Cheese Sauce Pouch	CS	1	39940	106 oz.	Dry	13.50	6/106 oz.	90 days	12 mo.
Mucho Queso® Jalapeño Cheese Sauce Pouch	CS	1	39941	106 oz.	Dry	13.50	6/106 oz.	90 days	12 mo.
Italian Cheese Sauce Pouch	CS	1	39944	106 oz.	Dry	14.58	6/106 oz.	90 days	8 mo.



## Photos to come



### SERVING TIPS

- Serve cheese sauce as a dip with breadsticks, crackers, fresh veggie or apple slices
- Stir Italian cheese sauce into soups or pour over pasta

# Sauces



## HEATING & HANDLING INSTRUCTIONS

LAND O LAKES® Cheese Sauce Pouches should be stored in their unopened pouch at room temperature, do not freeze. Heat to **145-155°F** by either of the following methods:

- **Boiling Water:** Place unopened pouch in boiling water – boil for **12-15 minutes** for Italian Cheese Sauce and **15-18 minutes** for Ultimate Cheddar™ and Mucho Queso® Jalapeño Cheese Sauce Pouches. For even heating, rotate pouch frequently. Carefully remove using tongs.
- **Steamer:** Place unopened pouch on perforated steam table pan in steamer. Heat for **12-15 minutes**. Remove carefully using tongs.

**CAUTION: When handling hot sauce and pouch.**

**NOTE: Heating times may vary due to equipment differences and number of pouches heated – take internal temperature by placing thermometer in fold of pouch center.**

- **Do not microwave sauce in pouch** – due to uneven heating, pouch may burst and cause injury.
- **Serve or hold between 145-155°F** – cover product when not serving.
- After opening, **refrigerate unused portion in tightly sealed container** – date container and use within 3 days.
- **Chill and reheat sauce** rapidly in accordance with Federal, State and Local Health regulations for food safety – reheat only one time.

## NUTRITION INFORMATION

**39940 LAND O LAKES®**  
Ultimate Cheddar™  
Cheese Sauce Pouch

Nutrition Facts	
Serving Size 3 oz. Serving Per Case 210	
Amount per Serving	
<b>Calories</b> 130 Calories from Fat 90	
%Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 550 mg	<b>23%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 6%	Vitamin C 0%
Calcium 30%	Iron 0%

**Ingredients**

Water, Cultured Pasteurized Milk and Skim Milk, Food Starch - Modified, Contains Less Than 2% of Potassium Phosphate, Sodium Phosphate, Salt, Sodium Citrate, Pasteurized Cream, Tricalcium Phosphate, Whey, Buttermilk, Maltodextrin, Annatto And Oleoresin Paprika (Color), Natural Flavors, Autolyzed Yeast Extract, Lactic Acid, Vegetable Mono and Diglycerides, Spice, Enzymes.

**Contains: Milk, Soy**

**39941 LAND O LAKES®**  
Mucho Queso® Jalapeño  
Cheese Sauce Pouch

Nutrition Facts	
Serving Size 3 oz. Serving Per Case 210	
Amount per Serving	
<b>Calories</b> 130 Calories from Fat 90	
%Daily Value*	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 570 mg	<b>24%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 4%	Vitamin C 0%
Calcium 30%	Iron 2%

**Ingredients**

Water, Cultured Pasteurized Milk and Skim Milk, Food Starch - Modified, Contains Less Than 2% of Potassium Phosphate, Sodium Phosphate, Salt, Jalapeño Peppers, Vinegar, Sodium Citrate, Pasteurized Cream, Tricalcium Phosphate, Whey, Buttermilk, Maltodextrin, Annatto And Oleoresin Paprika (Color), Natural Flavors, Autolyzed Yeast Extract, Lactic Acid, Vegetable Mono and Diglycerides, Spice, Enzymes.

**Contains: Milk, Soy**

**39944 LAND O LAKES®**  
Italian Cheese Sauce Pouch

Nutrition Facts	
Serving Size 3 oz. Serving Per Case 210	
Amount per Serving	
<b>Calories</b> 130 Calories from Fat 90	
%Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 540 mg	<b>23%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 8g	
Vitamin A 2%	Vitamin C 0%
Calcium 30%	Iron 0%

**Ingredients**

Water, Cultured Pasteurized Milk, Food Starch - Modified, Contains Less Than 2% of Natural Flavor, Potassium Phosphate, Sea Salt, Salt, Sodium Citrate, Tricalcium Phosphate, Mono and Diglycerides, Spice, Enzymes.

**Contains: Milk**



FOODSERVICE



### SERVING TIPS

- Try slices in popular sandwiches like cheeseburgers, grilled cheese, chicken and fish sandwiches
- Use shreds as a topping for salads, baked potatoes, chilis, soups, and tacos
- Melt slices or shreds onto hot sandwiches and Mexican entrées
































# Cheeses

MACARONI AND CHEESE

SAUCES

CHEESES

GRAB AND GO

									SHELF LIFE	
									GUARANTEED	TOTAL
M/MA	EQ.	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK				
<b>READI-PAC® SLICES</b>										
Readi-Pac®										
Reduced Fat Cheddar Cheese	  	1	44224	1.5 lb.	Refrigerated	12.00	8/1.5 lb.	90 days	5 mo.	
Readi-Pac®		1	44238	1.5 lb.	Refrigerated	12.00	8/1.5 lb.	90 days	6 mo.	
Pepper Jack Cheese										
Readi-Pac®		1	44261	1.5 lb.	Refrigerated	12.00	8/1.5 lb.	90 days	5 mo.	
Reduced Fat Swiss Cheese										
<b>RAPID-PACK SLICES</b>										
Rapid-Pack Slices - Pepper Jack										
Rapid-Pack Slices - Cheddar										
<b>SLICES</b>										
160 Slice RF	  	1	46253	5 lb.	Refrigerated	22.48	6/5 lb.	90 days	9 mo.	
Yellow American Cheese										
160 Slice	 	1	46255	5 lb.	Refrigerated	21.77	6/5 lb.	90 days	9 mo.	
Yellow American Cheese										
160 Slice		1	46219	5 lb.	Refrigerated	19.43	6/5 lb.	90 days	9 mo.	
White American Cheese										
160 Slice 25% RS, 50% RF	  	1	46268	5 lb.	Refrigerated	23.04	6/5 lb.	90 days	9 mo.	
Yellow American Cheese										
160 Slice 50% RS, 50% RF		1	46288	5 lb.	Refrigerated	22.91	6/5 lb.	90 days	9 mo.	
Yellow American Cheese										
184 Slice Yellow American Cheese	 	.75	46236	5 lb.	Refrigerated	21.77	6/5 lb.	90 days	9 mo.	
Yellow American Cheese										
<b>LOAF</b>										
Yellow										
American Cheese Loaf	 	1	48174	5 lb.	Refrigerated	22.78	6/5 lb.	90 days	9 mo.	
American Cheese Loaf										
<b>CUBES</b>										
Cubed Reduced Fat	   	1	44751	5 lb.	Refrigerated	20.00	4/5 lb.	60 days	5 mo.	
Mild Cheddar Cheese										
<b>SHREDS</b>										
Shredded		1	41698	5 lb.	Refrigerated	19.80	4/5 lb.	90 days	5 mo.	
Mozzarella Cheese LMPS										
Shredded	 	1	41725	5 lb.	Refrigerated	16.00	4/5 lb.	90 days	5 mo.	
Sharp American Cheese										
Shredded		1	41728	5 lb.	Refrigerated	15.34	4/5 lb.	90 days	5 mo.	
50% RF American Cheese										
Shredded	 	1	41749	5 lb.	Refrigerated	19.80	4/5 lb.	90 days	5 mo.	
Mild Cheddar Cheese										
Cheddar/Monterey Jack Feather										
Shreds										

Eligible for Cool School Cafe® points





FOODSERVICE

# Cheeses

## SLICES

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size 2 Slices (25g) Serving Per Case 552	
Amount per Serving	
<b>Calories</b> 60	Calories from Fat 30
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 180 mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 6g	
<hr/>	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%

### Ingredients

Cultured Pasteurized Milk and Skim Milk, \*Whey Protein Concentrate, Potassium Citrate, Contains Less Than 2% of Salt, Sodium Citrate, Lactic Acid, Sorbic Acid (Preservative), Natural Flavor, \*Xanthan Gum, \*Locust Bean Gum, \*Guar Gum, Apo-Carotenal and Beta Carotene (Color), \*Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend.

\*Not found in regular pasteurized process American cheese.

**Contains: Milk, Soy**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size 2 Slices (25g) Serving Per Case 552	
Amount per Serving	
<b>Calories</b> 90	Calories from Fat 70
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 400 mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 5g	
<hr/>	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%

### Ingredients

Cultured Pasteurized Milk and Skim Milk, Cream, Sodium Citrate, Salt, Contains Less Than 2% of Milk Fat, Sorbic Acid (Preservative), Lactic Acid, Beta-Carotene and Apo-Carotenal (Color), Enzymes, Soy Lecithin and Soybean Oil Blend.

**Contains: Milk, Soy**

## LOAF

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 480	
Amount per Serving	
<b>Calories</b> 110	Calories from Fat 80
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 380 mg	<b>16%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 6g	
<hr/>	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 0%

### Ingredients

Cultured Pasteurized Milk and Skim Milk, Cream, Contains Less Than 2% of Milk Fat, Salt, Sodium Phosphate, Acetic Acid, Lactic Acid, Apo-Carotenal (Color), Enzymes.

**Contains: Milk**

## CUBES

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size: 12 piece Serving Per Case 320	
Amount per Serving	
<b>Calories</b> 90	Calories from Fat 60
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
<hr/>	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 2%

### Ingredients

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

\*Not found in regular Cheddar cheese.

**Contains: Milk**

## SHREDS

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories</b> 110	Calories from Fat 80
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 400 mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 6g	
<hr/>	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 0%

### Ingredients

Cultured Pasteurized Milk and Skim Milk, Cream, Water, Salt, Contains Less Than 2% of Sodium Phosphate, Lactic Acid, Beta-Carotene and Apo-Carotenal (Color), Enzymes, Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

**Contains: Milk**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories</b> 70	Calories from Fat 40
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 470 mg	<b>15%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 7g	
<hr/>	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

### Ingredients

Cultured Pasteurized Milk and Skim Milk, \*Whey Protein Concentrate, Salt, Sodium Phosphate, Contains Less Than 2% of \*Xanthan Gum, \*Locust Bean Gum, \*Guar Gum, Sodium Citrate, Sorbic Acid (Preservative), Lactic Acid, Acetic Acid, Beta-carotene and Apo-Carotenal (Color), Enzymes, \*Vitamin A Palmitate, Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

\*Not found in regular pasteurized process American cheese.

**Contains: Milk**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories</b> 110	Calories from Fat 80
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
<hr/>	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

### Ingredients

Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Annatto (Color)], Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

**Contains: Milk**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories</b> 90	Calories from Fat 50
<hr/>	
	<b>%Daily Value*</b>
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 210 mg	<b>9%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
<hr/>	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%

### Ingredients

Cultured Pasteurized Part-Skim Milk, Salt, Enzymes, Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

**Contains: Milk**

# Cheeses

MACARONI AND CHEESE

SAUCES

CHEESES

GRAB AND GO

## SLICES

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size 2 Slices (25g) Serving Per Case 552	
Amount per Serving	
<b>Calories 60</b> Calories from Fat 30	
	<b>%Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 180 mg	<b>8%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%

**Ingredients**

Cultured Pasteurized Milk and Skim Milk, \*Whey Protein Concentrate, Potassium Citrate, Contains Less Than 2% of Salt, Sodium Citrate, Lactic Acid, Sorbic Acid (Preservative), Natural Flavor, \*Xanthan Gum, \*Locust Bean Gum, \*Guar Gum, Apo-Carotene and Beta Carotene (Color), \*Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend.  
\*Not found in regular pasteurized process American cheese.

**Contains: Milk, Soy**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size 2 Slices (25g) Serving Per Case 552	
Amount per Serving	
<b>Calories 90</b> Calories from Fat 70	
	<b>%Daily Value*</b>
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 400 mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%

**Ingredients**

Cultured Pasteurized Milk and Skim Milk, Cream, Sodium Citrate, Salt, Contains Less Than 2% of Milk Fat, Sorbic Acid (Preservative), Lactic Acid, Beta-Carotene and Apo-Carotene (Color), Enzymes, Soy Lecithin and Soybean Oil Blend.

**Contains: Milk, Soy**

## LOAF

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 480	
Amount per Serving	
<b>Calories 110</b> Calories from Fat 80	
	<b>%Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 380 mg	<b>16%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 0%

**Ingredients**

Cultured Pasteurized Milk and Skim Milk, Cream, Contains Less Than 2% of Milk Fat, Salt, Sodium Phosphate, Acetic Acid, Lactic Acid, Apo-Carotene and Beta-Carotene (Color), Enzymes.

**Contains: Milk**

## CUBES

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size: 12 piece Serving Per Case 320	
Amount per Serving	
<b>Calories 90</b> Calories from Fat 60	
	<b>%Daily Value*</b>
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 2%

**Ingredients**

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

\*Not found in regular Cheddar cheese.

**Contains: Milk**

## SHREDS

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories 110</b> Calories from Fat 80	
	<b>%Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 400 mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 0%

**Ingredients**

Cultured Pasteurized Milk and Skim Milk, Cream, Water, Salt, Contains Less Than 2% of Sodium Phosphate, Lactic Acid, Beta-Carotene and Apo-Carotene (Color), Enzymes, Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

**Contains: Milk**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories 70</b> Calories from Fat 40	
	<b>%Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 470 mg	<b>15%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

**Ingredients**

Cultured Pasteurized Milk and Skim Milk, \*Whey Protein Concentrate, Salt, Sodium Phosphate, Contains Less Than 2% of \*Xanthan Gum, \*Locust Bean Gum, \*Guar Gum, Sodium Citrate, Sorbic Acid (Preservative), Lactic Acid, Acetic Acid, Beta-carotene and Apo-Carotene (Color), Enzymes, \*Vitamin A Palmitate, Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

\*Not found in regular pasteurized process American cheese.

**Contains: Milk**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories 110</b> Calories from Fat 80	
	<b>%Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

**Ingredients**

Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Annatto (Color)], Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

**Contains: Milk**

**41725 LAND O LAKES®**  
Shredded Sharp American Cheese

Nutrition Facts	
Serving Size ¼ cup (1 oz.) Serving Per Case 320	
Amount per Serving	
<b>Calories 90</b> Calories from Fat 50	
	<b>%Daily Value*</b>
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 210 mg	<b>9%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%

**Ingredients**

Cultured Pasteurized Part-Skim Milk, Salt, Enzymes, Anticaking Blend [Potato Starch, Cellulose, Natamycin (Natural Mold Inhibitor)].

**Contains: Milk**



FOODSERVICE



### SERVING TIPS

- Try cubes as a topping in fresh salads or salad bars
- Combine sticks or cubes with fresh fruits and/or veggies for a delicious snack
- Serve dips in single portions with whole grain crackers, pretzels, breadsticks, fruits and veggies



# Grab And Go

MACARONI AND CHEESE | SAUCES | CHEESES | GRAB AND GO

										SHELF LIFE	
	M/MA	EQ. GRAIN	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK	GUARANTEED	TOTAL		
<b>CUBES</b>											
25% RF Mild Cheddar Cheese Cubes			44113	1 oz.	Refrigerated	12.50	200/1 oz.	90 days	5 mo.		
<b>NEW!</b> 25% RF Co-Jack® Cheese Cubes			44115	1 oz.	Refrigerated	12.50	200/1 oz.	90 days	5 mo.		
<b>1STICKS</b>											
Co-Jack® Cheese Stick			44877	1 oz.	Refrigerated	10.50	168/1 oz.	90 days	6 mo.		
25% RF Co-Jack® Cheese Stick			44878	1 oz.	Refrigerated	10.50	168/1 oz.	90 days	6 mo.		
Mild Cheddar Cheese Stick			44879	1 oz.	Refrigerated	10.50	168/1 oz.	90 days	6 mo.		
25% RF Mild Cheddar Cheese Stick			44881	1 oz.	Refrigerated	10.50	168/1 oz.	90 days	6 mo.		
Mozzarella String Cheese Stick			59701	1 oz.	Refrigerated	10.50	168/1 oz.	60 days	5 mo.		
Light Mozzarella String Cheese Stick			59703	1 oz.	Refrigerated	10.50	168/1 oz.	60 days	5 mo.		
<b>DIP CUPS</b>											
Ultimate Cheddar™ Cheese Dip Cups			39911	3 oz.	Dry	8.92	140/3 oz.	90 days	6 mo.		
Mucho Queso® Jalapeño Cheese Dip Cups			39912	3 oz.	Dry	8.92	140/3 oz.	90 days	6 mo.		
<b>KOZY SHACK® PUDDINGS</b>											
Kozy Shack® CowRageous® Chocolate Pudding Cup			03710	3.75 oz.	Refrigerated	N/A	48/3.75 oz.	30 days	70 days		
Kozy Shack® CowRageous® Vanilla Pudding Cup			03720	3.75 oz.	Refrigerated	N/A	48/3.75 oz.	30 days	70 days		
Kozy Shack® Chocolate Pudding – Bulk*			73010	4 lb.	Refrigerated	N/A	2/4 lb.	30 days	70 days		
<b>CONDIMENTS</b>											
Fat Free Sour Cream			64407								
String Cheese			59703								
String Cheese			59701								
CowRageous Cups											
CowRageous Cups											

\*Serving size portioned to 3.75 oz. to meet Smart Snacks requirement



## HEATING & HANDLING INSTRUCTIONS

LAND O LAKES® Cheese Dip Cups are ready to eat at room temperature.

- If heated, product temperature should not exceed 140°F
- Store unopened cups in a cool, dry place
- Do not freeze

Heat unopened cups by any of the following methods:

- **Convection Oven:** Heat in oven set at 200°F for 12-15 minutes
- **Conventional Oven:** Heat in oven set at 200°F for 22-25 minutes
- **Warming Unit: NOT RECOMMENDED** as a method for heating
- **Microwave: DO NOT MICROWAVE**

**CAUTION:** Dip and cup may be hot. Always use caution to avoid burns when handling and eating warmed cheese dip.  
**NOTE:** Heating times may vary due to equipment differences.



FOODSERVICE

# Grab And Go

## Nutritional Information

### CUBES

**44113 LAND O LAKES®**  
25% RF Mild Cheddar Cheese Cubes

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 200	
Amount per Serving	
<b>Calories</b> 90 Calories from Fat 60	
%Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 190 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (Color), \*Vitamin A Palmitate.  
\*Not found in regular cheddar cheese.

**Contains: Milk**

**44115 LAND O LAKES®**  
25% RF Co-Jack® Cheese Cubes

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 200	
Amount per Serving	
<b>Calories</b> 90 Calories from Fat 60	
%Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 180 mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Cultured Pasteurized Milk and Skim Milk, Salt, Enzymes, Annatto (Color), \*Vitamin A Palmitate.  
\*Not found in regular Colby Jack Cheese.

**Contains: Milk**

### STICKS

**44877 LAND O LAKES®**  
Co-Jack® Cheese Stick

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 168	
Amount per Serving	
<b>Calories</b> 110 Calories from Fat 80	
%Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 200 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Cultured Pasteurized Milk, Salt, Enzymes, Annatto (Color).

**Contains: Milk**

**44878 LAND O LAKES®**  
25% RF Co-Jack® Cheese Stick

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 168	
Amount per Serving	
<b>Calories</b> 90 Calories from Fat 60	
%Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 200 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (Color), \*Vitamin A Palmitate.  
\*Not found in regular Co-Jack® Cheese.

**Contains: Milk**

### STICKS

**44879 LAND O LAKES®**  
Mild Cheddar Cheese Stick

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 168	
Amount per Serving	
<b>Calories</b> 110 Calories from Fat 80	
%Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 200 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Cultured Pasteurized Milk, Salt, Enzymes, Annatto (Color).

**Contains: Milk**

**44881 LAND O LAKES®**  
25% RF Mild Cheddar Cheese Stick

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 168	
Amount per Serving	
<b>Calories</b> 90 Calories from Fat 60	
%Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 200 mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (Color), \*Vitamin A Palmitate.  
\*Not found in regular cheddar cheese.

**Contains: Milk**

**59701 LAND O LAKES®**  
Mozzarella String Cheese Stick

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 168	
Amount per Serving	
<b>Calories</b> 80 Calories from Fat 50	
%Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 210 mg	<b>9%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.

**Contains: Milk**

**59703 LAND O LAKES®**  
Light Mozzarella String Cheese Stick

Nutrition Facts	
Serving Size 1 oz. Serving Per Case 168	
Amount per Serving	
<b>Calories</b> 60 Calories from Fat 20	
%Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 210 mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%

#### Ingredients

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, \*Vitamin A Palmitate.

\*Not found in regular low-moisture part-skim mozzarella cheese.

**Contains: Milk**

# Grab And Go

## Nutritional Information

MACARONI AND CHEESE | SAUCES | CHEESES | GRAB AND GO

### CHEESE DIP CUPS

**39911 LAND O LAKES®**  
Ultimate Cheddar™  
Cheese Dip Cups

Nutrition Facts	
Serving Size 3 oz. (85g) Serving Per Case 140	
Amount per Serving	
<b>Calories</b> 190 Calories from Fat 90	
%Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 570 mg	<b>24%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
<b>Protein</b> 10g	
Vitamin A 6%	Vitamin C 0%
Calcium 35%	Iron 0%

**Ingredients**

Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Skim Milk, Reduced Fat Cheddar Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Potassium and Sodium Phosphates, Maltodextrin, Contains Less Than 2% of Glucono-Delta-Lactone, Natural Flavors, Carrageenan, Lactic Acid, Mono and Diglycerides, Sorbic Acid (Preservative), Salt, Apo-Carotenal For Color.

**Contains: Milk**

**39912 LAND O LAKES®**  
Mucho Queso® Jalapeño  
Cheese Dip Cups

Nutrition Facts	
Serving Size 3 oz. (85g) Serving Per Case 140	
Amount per Serving	
<b>Calories</b> 190 Calories from Fat 90	
%Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 560 mg	<b>23%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
<b>Protein</b> 10g	
Vitamin A 6%	Vitamin C 0%
Calcium 30%	Iron 0%

**Ingredients**

Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Skim Milk, Potassium and Sodium Phosphates, Reduced Fat Cheddar Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Maltodextrin, Contains Less Than 2% of Glucono-Delta-Lactone, Jalapeño Pepper Purée, Carrageenan, Green Bell Pepper Powder, Lactic Acid, Mono and Diglycerides, Sorbic Acid (Preservative), Apo-Carotenal For Color, Salt, Natural Flavor.

**Contains: Milk**

### PUDDING CUPS

**03710 KOZY SHACK®**  
CowRageous® Chocolate Pudding Cup

Nutrition Facts	
Serving Size 3.75 oz. (106g) Serving Per Case 48	
Amount per Serving	
<b>Calories</b> 110 Calories from Fat 10	
%Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5 mg	<b>2%</b>
<b>Sodium</b> 105 mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 14g	
<b>Protein</b> 3g	
Vitamin A 15%	Vitamin C 0%
Calcium 10%	Iron 2%

**Ingredients**

Low Fat Milk, Sugar, Modified Tapioca Starch, Inulin, Contains Less Than 2% of Cocoa (Processed With Alkali), Salt, Carrageenan, Maltodextrin, Natural Flavor, Vitamin A Palmitate.

**Contains: Milk**

**03720 KOZY SHACK®**  
CowRageous® Vanilla Pudding Cup

Nutrition Facts	
Serving Size 3.75 oz. (106g) Serving Per Case 48	
Amount per Serving	
<b>Calories</b> 100 Calories from Fat 5	
%Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 125 mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A 15%	Vitamin C 0%
Calcium 10%	Iron 0%

**Ingredients**

Low Fat Milk, Sugar, Modified Tapioca Starch, Inulin, Contains Less Than 2% of Natural Flavor, Eggs, Salt, Carrageenan, Maltodextrin, Vitamin A Palmitate, Annatto Extract (Color).

**Contains: Milk, Eggs**

**73010 KOZY SHACK®**  
Chocolate Pudding – Bulk

Nutrition Facts	
Serving Size 3.75 oz. (106g) Serving Per Container 17	
Amount per Serving	
<b>Calories</b> 120 Calories from Fat 20	
%Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5 mg	<b>2%</b>
<b>Sodium</b> 130 mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

**Ingredients**

Reduced Fat Milk, Sugar, Modified Tapioca Starch, Contains Less Than 2% of Cocoa (Processed With Alkali), Salt, Carrageenan, Maltodextrin, Natural Flavor.

**Contains: Milk**

put some **happy** on the menu



For K12 foodservice product information and further detailed nutritional information,  
visit [landolakesfoodservice.com](http://landolakesfoodservice.com)

Contact your Sales Representative | 1.800.328.1322 | [businessinfo@landolakes.com](mailto:businessinfo@landolakes.com)



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Simple goodness, made simple.



