

# K-12

PRODUCT GUIDE

Farmer-Owned  
**LAND O LAKES**  
FOODSERVICE





LAND O'LAKES FOODSERVICE

# THE CULINARY EXPERTISE YOU'VE BEEN LOOKING FOR

At Land O'Lakes, we know that consistent quality and product performance are table stakes. Behind every product, we have a team of culinary experts who would love to collaborate, inspire and support your operation. It's the performance you can depend on from the co-op you can rely on, delivering the right ingredients for your menu and students.

## TABLE OF CONTENTS

<b>Introduction</b> .....	4
<b>Land O'Lakes Culinary Team</b> .....	5
<b>LAND O LAKES® DAIRY PRODUCTS</b>	
<b>Macaroni and Cheese</b> .....	6
<b>Cheese Sauce</b> .....	8
<b>Cheese</b> .....	10
<b>Grab and Go</b> .....	14

 Indicates links to product information

#### RECIPES FEATURED ON COVER:

1. All American Cheeseburger Mac and Cheese, 2. Vegetable Tikka Masala, 3. Chicken Paprikash, 4. Palak Indian Inspired Creamed Spinach, 5. Creamed Corn, 6. Pizza Mac and Cheese

#### RECIPES FEATURED ON BACK COVER:

1. Cheesy Curried Hummus, 2. Chilled Mediterranean Pasta Salad, 3. Carrot Ginger Drizzle, 4. Pizza Cheese Spread, 5. Pizza Totchos, 6. BBQ Chicken Pizza with Ultimate Cheddar Sauce

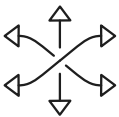




# CONSISTENT AND VERSATILE

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The robust Land O'Lakes K-12 product portfolio includes cheese sauces, prepared mac and cheese, grab and go, and more – all meeting nutritional requirements and putting smiles on the faces of students and staff.



## VERSATILE

When it comes to creating a flexible menu that delivers on performance as well as flavor, our products can be the workhorse your kitchen needs.



## CUSTOMIZABLE

Tips, tricks and business solutions that our culinary experts can help you craft specifically for your menu.



## MEET NUTRITIONAL GUIDELINES

Our products are formulated to help you meet USDA nutritional guidelines



## TASTE KIDS LOVE

Increase participation in your school lunch program and put smiles on your students' faces starting with excellent ingredients.



Carrot Ginger Drizzle

## LAND O'LAKES CULINARY TEAM IS A VALUABLE RESOURCE IN YOUR KITCHEN

By purchasing from Land O'Lakes, you're getting more than just a wide array of delicious products. Our foodservice team of accredited chefs, food scientists, dietitians and nutrition experts are here to support you.

Our on-site foodservice kitchen is set up to allow us to help you with troubleshooting and recipe development. Our marketing insights help uncover consumer needs and on-trend flavors.

### WE'D LOVE TO BE YOUR CULINARY RESOURCE FOR WHATEVER'S ON YOUR PLATE:

- Personalized support
- Trend analysis
- Improving kitchen skills
- Menu ideation
- Product training
- Recipe development
- Flavor evaluation

If you've got a culinary problem or need help ideating a concept in your kitchen, let us be your inspiration. We look forward to collaborating virtually or in-person:

If you'd like to contact us:

Phone 800-328-1322 or email [businessinfo@landolakes.com](mailto:businessinfo@landolakes.com)



**JIM CHURCHES**  
**CEC, CCA, AAC**

Corporate Executive Chef



**SUSIE BERGLUND**

Culinary Center Manager –  
K-12 & Operations



**MAGGIE MAGGIO**

Culinary Dietitian










**MICHAEL TERRY**

Culinary Sales Manager



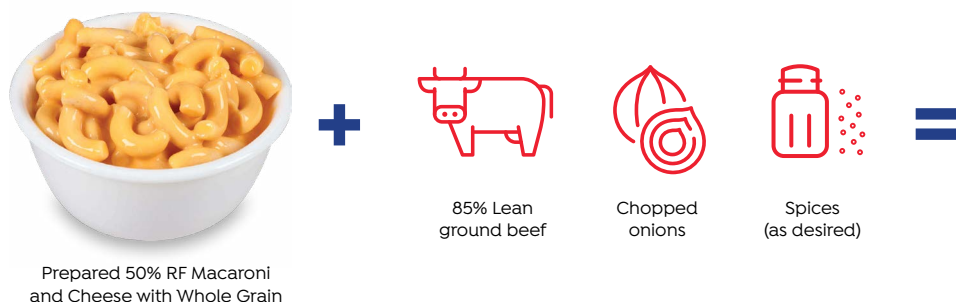
# LAND O LAKES® PREPARED MACARONI AND CHEESE

<div>  REDUCED-FAT OPTION            REDUCED-SODIUM OPTION            WHOLE-GRAIN RICH            AVAILABLE FOR COMMODITY PROCESSING            ELIGIBLE FOR COOL SCHOOL CAFE® POINTS         </div>										SHELF LIFE	
			M/MA PER 6 OZ. SERVING	OZ. EQ. GRAIN PER 6 OZ. SERVING	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.
 Prepared 50% RF Macaroni and Cheese	  		2	1	43284	5 lb.	Frozen	6.25	6/5 lb.	90 days	12 mo.
 Prepared Macaroni and Cheese with Whole Grain	  		2	1	43292	5 lb.	Frozen	8.73	6/5 lb.	90 days	12 mo.

## MENU INSPIRATION

Refresh your menu when you add meat and vegetable mix-ins to create surprising, delicious dishes.

### ALL-AMERICAN CHEESEBURGER MAC AND CHEESE



### FAJITA MAC AND CHEESE



## NUTRITION INFORMATION

### 43274 Land O Lakes®

Prepared 25% RS, 50% RF Macaroni and Cheese with Whole Grain

Nutrition Facts	
80 servings per case	
<b>Serving Size</b>	<b>6 oz. (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 670mg	<b>29%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>29%</b>
Vitamin D 0mcg	0%
Calcium 408mg	30%
Iron 1mg	6%
Potassium 730mg	15%
Vitamin A 136mcg	15%

\*The % Daily Value (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.

**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, contains less than 2% of salt, potassium phosphate, sodium phosphate, lactic acid, sorbic acid (preservative), annatto and oleoresin paprika (color), vitamin A palmitate, enzymes), Water, Maltodextrin, Contains Less Than 2% of Natural Flavor, Butter (cream, salt), Salt, Food Starch - Modified, Xanthan Gum.

**CONTAINS:** Milk, Wheat, Egg

25% Less Sodium and 50% Less Fat than regular Land O Lakes® Macaroni and Cheese. Contains 16g Total Fat and 1000mg Sodium compared with 32g Total Fat and 1340mg Sodium in regular Macaroni and Cheese per 1 cup serving.

### 43277 Land O Lakes®

Prepared 50% RF Macaroni and Cheese with Whole Grain

Nutrition Facts	
80 servings per case	
<b>Serving Size</b>	<b>6 oz. (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 980mg	<b>43%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>29%</b>
Vitamin D 0mcg	0%
Calcium 419mg	30%
Iron 1mg	6%
Potassium 210mg	4%
Vitamin A 111mcg	10%

\*The % Daily Value (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.

**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

50% Less Fat than regular Land O Lakes® Macaroni and Cheese. Contains 16g Total Fat compared with 32g Total Fat in regular Macaroni and Cheese per 1 cup serving.

### 43284 Land O Lakes®

Prepared 50% RF Macaroni and Cheese

Nutrition Facts	
80 servings per case	
<b>Serving Size</b>	<b>6 oz. (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 980mg	<b>43%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>29%</b>
Vitamin D 0mcg	0%
Calcium 417mg	30%
Iron 1mg	6%
Potassium 200mg	4%
Vitamin A 116mcg	15%

\*The % Daily Value (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.

**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

50% Less Fat than regular Land O Lakes® Macaroni and Cheese. Contains 16g Total Fat compared with 32g Total Fat in regular Macaroni and Cheese per 1 cup serving.

### 43292 Land O Lakes®

Prepared Macaroni and Cheese with Whole Grain

Nutrition Facts	
80 servings per case	
<b>Serving Size</b>	<b>6 oz. (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>350</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 1g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 910mg	<b>40%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>29%</b>
Vitamin D 0mcg	0%
Calcium 393mg	30%
Iron 1mg	6%
Potassium 170mg	4%

\*The % Daily Value (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.

**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-carotenal 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-Carotenal (color).

**CONTAINS:** Milk, Wheat, Egg

## HEATING AND HANDLING INSTRUCTIONS

Fully prepared product can be heated from thawed or frozen state and served straight from the pouch once heated to 65°F. For best results, allow product to thaw under refrigeration up to 24 hours before heating entire pouch in a steamer or boiling water. Heating times can vary according to the type of equipment used and number of pouches heated. Take internal temperature by placing thermometer in fold of pouch, being careful not to pierce the pouch.

- **Steamer (preferred method):** Place unopened pouch in steamer and heat until internal temperature reaches 165°F.

- **Boiling water:** Place thawed, unopened pouch in water and heat until internal temperature reaches 165°F. Pouch should float freely in water and be rotated during heating process.
- **Holding instructions:** In the warming cabinet, maintain hot holding temperature of 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® Prepared Macaroni and Cheese varieties can be held up to 1½ hours.

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



Breakfast Burrito



One-Pan Macaroni & Cheese With Three-Ingredient Queso



Queso Breakfast Pizza

# Make three unique recipes using **THREE INGREDIENT WHITE QUESO WITH GREEN CHILES** WITH ULTIMATE CREAMY WHITE™ CHEESE SAUCE

**YIELD:** 35 servings **SERVING SIZE:** 3 1/2 ounces [#10 scoop]

**CHILD NUTRITION:** 1 meat/meat alternate

## INGREDIENTS

1 106-ounce pouch Land O Lakes® Ultimate Creamy White™ Cheese Sauce

2 cups canned diced green chiles, undrained

1/2 cup canned jalapeño slices, \*drained, chopped

Can substitute 1/2 to 3/4 cup chopped, seeded jalapeños

## PREPARATION

1. Pour Ultimate Creamy White™ Cheese Sauce into half steam table pan. Add chiles and jalapeños; combine thoroughly. Cover tightly.

2. Heat in steamer until queso is heated through to 165°F.






## NUTRITION INFORMATION

Serving Size: 3 1/2 ounces [#10 scoop]

Calories	141
Fat	10 grams
Sat. Fat	6 grams
Trans Fat	0 grams
Cholesterol	28 milligrams
Sodium	484 milligrams
Carbohydrates	3 grams
Dietary Fiber	0 grams
Sugars	0 grams
Protein	8 grams
Vitamin A	104 IU
Vitamin C	3 milligrams
Calcium	262 milligrams
Iron	0.22 milligrams



# CHEESE SAUCE

AVAILABLE FOR COMMODITY PROCESSING		ELIGIBLE FOR COOL SCHOOL CAFE™ POINTS		SHELF LIFE					
		M/MA PER 3 OZ. SERVING	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK	GUARANTEED	TOTAL
 Ultimate Creamy White™ Cheese Sauce Pouch	 	1	39947	106 oz.	Shelf stable	14.58	6/106 oz.	90 days	8 mo.
 Ultimate Yellow™ Cheese Sauce Pouch	 	1	39945	106 oz.	Shelf stable	13.50	6/106 oz.	90 days	12 mo.
 Ultimate Jalapeño™ Cheese Sauce Pouch	 	1	39946	106 oz.	Shelf stable	13.50	6/106 oz.	90 days	12 mo.

USE CAUTION WHEN HANDLING HOT SAUCE AND POUCH  
DO NOT MICROWAVE. Due to uneven heating, pouch may burst and cause employee injury.

## METHODS FOR HEATING ONE UNOPENED SAUCE POUCH:

**Note:** Peel off label on pouch prior to “in pouch” heating.

Heat unopened pouch to 145°F - 155°F by either of the following methods listed below. Heating times may vary with type of equipment used and number of pouches heated. Take internal temperature by placing thermometer in fold of pouch.

### Steamer Method (Preferred):

Place unopened pouch on perforated steam table pan or tray in steamer. Heat for 12 -15 minutes. Carefully remove as product will be hot.

### Boiling Water Method:

Place unopened pouch in boiling water. Boil for 15 minutes. For even heating, rotate pouch frequently. Carefully remove using tongs as product will be hot.

## METHOD FOR HEATING ONE OPENED SAUCE POUCH:

Cut open pouch at top. Pour sauce into heavy saucepan. Heat product to 145 - 155°F on medium heat, stirring occasionally. Sauce will be very hot, use caution to avoid burns.

## SAUCE HANDLING AND REHEATING INSTRUCTIONS:

Store unopened pouch in a cool, dry place. No refrigeration required for unopened pouches. Do not freeze. Serve or hold hot between 145°F - 155°F (cover product when not serving). If using in cold, ready-to-eat recipe applications, refrigerate immediately after recipe preparation. Date and use within 5 days. After opening, refrigerate unused portion in tightly sealed container. Date container and use within 5 days. Chill and reheat rapidly in accordance with Federal, State and Local health regulations for food safety. Reheat refrigerated sauce rapidly within two hours to 165°F for 15 seconds. Reheat only one time. Never use hot-holding equipment to reheat food.

## NUTRITION INFORMATION

39947 Land O Lakes®  
Ultimate Creamy White™  
Cheese Sauce Pouch

Nutrition Facts	
212 servings per case	
<b>Serving Size</b>	<b>3 oz. (85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 255mg	20%
Iron 0mg	0%
Potassium 615mg	15%
*The % Daily Value (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.	

**INGREDIENTS:** Water, Cultured Pasteurized Milk, Food Starch-Modified, Contains less than 2% of Natural Flavor, Potassium Phosphate, Salt, Sodium Citrate, Sea Salt, Mono and Diglycerides, Spice, Enzymes.

**CONTAINS:** Milk

39946 Land O Lakes®  
Ultimate Jalapeño™  
Cheese Sauce Pouch

Nutrition Facts	
212 servings per case	
<b>Serving Size</b>	<b>3 oz. (85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 218mg	15%
Iron 0mg	0%
Potassium 457mg	10%
*The % Daily Value (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.	

39945 Land O Lakes®  
Ultimate Yellow™  
Cheese Sauce Pouch

Nutrition Facts	
212 servings per case	
<b>Serving Size</b>	<b>3 oz. (85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 223mg	15%
Iron 0mg	0%
Potassium 462mg	10%
*The % Daily Value (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.	

**INGREDIENTS:** Water, Cultured Pasteurized Milk and Skim Milk, Food Starch - Modified, Contains Less Than 2% of Potassium Phosphate, Natural Flavors, Sodium Citrate, Sodium Phosphate, Whey, Buttermilk, Lactic Acid, Annatto Extract and Oleoresin Paprika (color), Acetic Acid, Autolyzed Yeast Extract, Maltodextrin, Salt, Mono and Diglycerides, Sea Salt, Enzymes.

**CONTAINS:** Milk

**INGREDIENTS:** Water, Cultured Pasteurized Milk and Skim Milk, Food Starch - Modified, Contains Less Than 2% of Potassium Phosphate, Salt, Jalapeno Peppers, Vinegar, Sodium Citrate, Sodium Phosphate, Whey, Lactic Acid, Buttermilk, Annatto Extract and Oleoresin Paprika (color), Natural Flavors, Autolyzed Yeast Extract, Maltodextrin, Sea Salt, Mono and Diglycerides, Enzymes.

**CONTAINS:** Milk



Ultimate Pizza Spread










































## SERVING TIPS

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





# CHEESE

									SHELF LIFE		
				M/MA PER SERVING	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK	GUARANTEED	TOTAL
READI-PAC® SLICES											
 Readi-Pac® Reduced Fat Mild Cheddar Cheese	 	1	44224	1.5 lb.	Refrigerated	12.00	8/1.5 lb.	90 days	5 mo.		
 Readi-Pac® Pepper Jack Cheese		1	44238	1.5 lb.	Refrigerated	12.00	8/1.5 lb.	90 days	6 mo.		
 Readi-Pac® Reduced Fat Swiss Cheese	 	1	44261	1.5 lb.	Refrigerated	12.00	8/1.5 lb.	90 days	5 mo.		
SLICES											
 160 Slice RF Yellow American Cheese	 	1	46253	5 lb.	Refrigerated	22.48	6/5 lb.	90 days	9 mo.		
 160 Slice Yellow American Cheese		1	46255	5 lb.	Refrigerated	21.77	6/5 lb.	90 days	9 mo.		
 160 Slice White American Cheese		1	46219	5 lb.	Refrigerated	19.43	6/5 lb.	90 days	9 mo.		
 160 Slice 25% RS, 50% RF Yellow American Cheese	  	1	46268	5 lb.	Refrigerated	23.04	6/5 lb.	90 days	9 mo.		
 160 Slice 50% RS, 50% RF Yellow American Cheese	  	1	46288	5 lb.	Refrigerated	22.91	6/5 lb.	90 days	9 mo.		
 184 Slice Yellow American Cheese		.75	46236	5 lb.	Refrigerated	21.77	6/5 lb.	90 days	9 mo.		
LOAF											
 Yellow American Cheese Loaf	   	1	48174	5 lb.	Refrigerated	22.78	6/5 lb.	90 days	9 mo.		
SHREDS											
 Shredded Mozzarella Cheese LMPS		1	41698	5 lb.	Refrigerated	20.00	4/5 lb.	60 days	5 mo.		
 Shredded Sharp American Cheese		1	41725	5 lb.	Refrigerated	16.00	4/5 lb.	90 days	5 mo.		
 Shredded 50% RF American Cheese	 	1	41728	5 lb.	Refrigerated	15.34	4/5 lb.	90 days	5 mo.		
 Shredded Mild Cheddar Cheese		1	41749	5 lb.	Refrigerated	20.00	4/5 lb.	90 days	5 mo.		
 Feather Shredded Mild Cheddar/ Monterey Jack Cheese		1	41485	5 lb.	Refrigerated	20.00	4/5 lb.	60 days	5 mo.		

# CHEESE

## READI-PAC® SLICES

44224 Land O Lakes®  
Readi-Pac® Reduced Fat  
Mild Cheddar Cheese

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 204mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 30mg	<b>0%</b>
Vitamin A 85mcg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

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

**CONTAINS:** Milk

25% Less Fat Than Regular Cheddar Cheese. Contains 7.0g Total Fat Compared with 9.4g Total Fat in Regular Cheddar Cheese.

44238 Land O Lakes®  
Readi-Pac® Pepper Jack Cheese

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 188mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 20mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Pasteurized Milk, Red and Green Jalapeno Peppers, Salt, Enzymes.

**CONTAINS:** Milk

44261 Land O Lakes®  
Readi-Pac® Reduced Fat  
Swiss Cheese

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 252mg	<b>20%</b>
Iron 0mg	<b>0%</b>
Potassium 20mg	<b>0%</b>
Vitamin A 81mcg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Reduced Fat Milk, Salt, Enzymes, Vitamin A Palmitate.

**CONTAINS:** Milk

25% Less Total Fat than Regular Swiss Cheese. Contains 6g Total Fat compared with 8g Total Fat Per Serving in Regular Swiss Cheese.

## LOAF

48174 Land O Lakes®  
Yellow American Cheese Loaf

Nutrition Facts	
about 80 servings per container	
<b>Serving size</b>	<b>1 oz. (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 173mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 40mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Cream, Contains Less Than 2% of Milkfat, Salt, Sodium Phosphate, Acetic Acid, Lactic Acid, apo-Carotenal (color), Enzymes.

**CONTAINS:** Milk

## SHREDS

41698 Land O Lakes®  
Shredded Mozzarella Cheese LMPs

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>1/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 205mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 25mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Pasteurized Part-Skim Milk, Salt, Enzymes, Anticaking Blend (potato starch, cellulose), Natamycin (natural mold inhibitor).

**CONTAINS:** Milk

41725 Land O Lakes®  
Shredded Sharp American Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>1/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 173mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 35mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**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

41728 Land O Lakes®  
Shredded 50% RF American Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>1/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 194mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 60mg	<b>2%</b>
Vitamin A 89mcg	<b>10%</b>

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Whey Protein Concentrate\*, Salt, Sodium Phosphate, Contains Less Than 2% of Sodium Citrate, Guar Gum\*, Xanthan Gum\*, Locust Bean Gum\*, Sorbic Acid (preservative), Lactic Acid, Acetic Acid, Vitamin A Palmitate, apo-Carotenal and beta-Carotene (colors), Enzymes, Anticaking Blend (potato starch, cellulose), Natamycin (natural mold inhibitor).

**CONTAINS:** Milk

\*Not Found in Regular American Cheese.

50% Less Fat Than Regular American Cheese. Contains 4.5g Total Fat Compared with 9g Total Fat in our Regular American Cheese.

41749 Land O Lakes®  
Shredded Mild Cheddar Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>1/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 199mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 20mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cheddar Cheese [cultured pasteurized milk, salt, enzymes, annatto (color)], Anticaking Blend (potato starch, cellulose), Natamycin (natural mold inhibitor).

**CONTAINS:** Milk

41485 Land O Lakes®  
Shredded Mild Cheddar & Monterey Jack Blend, Feather Shred

Nutrition Facts	
about 80 servings per container	
<b>Serving size</b>	<b>about 1/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 202mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 20mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cheddar Cheese [cultured pasteurized milk, salt, enzymes, annatto (color)], Monterey Jack Cheese [cultured pasteurized milk, salt, enzymes], Potato Starch and Powdered Cellulose Added to Prevent Caking, Natamycin (a natural mold inhibitor).

**CONTAINS:** Milk



## SLICES

46253 Land O Lakes®  
160 Slice RF Yellow  
American Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 192mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 65mg	<b>2%</b>
Vitamin A 90mcg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Whey Protein Concentrate\*, Salt, Sodium Citrate, Contains Less than 2% of Lactic Acid, Sorbic Acid (preservative), Xanthan Gum\*, Locust Bean Gum\*, Guar Gum\*, beta-Carotene and apo-Carotenol (colors), Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend.

**CONTAINS:** Milk, Soy

\*Not Found In Regular Pasteurized Processed American Cheese.  
50% Less Fat Than Regular American Cheese. Contains 4g Total Fat Compared with 9g Fat in Regular American Cheese.

46268 Land O Lakes®  
160 Slice 25% RS, 50% RF Yellow Amer-  
ican Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 198mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 135mg	<b>2%</b>
Vitamin A 90mcg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Whey Protein Concentrate\*, Contains Less Than 2% of Sodium and Potassium Citrates, Salt, Lactic Acid, Xanthan Gum\*, Locust Bean Gum\*, Guar Gum\*, Sorbic Acid (preservative), Vitamin A Palmitate, apo-Carotenol and beta-Carotene (color), Enzymes, Soy Lecithin and Soybean Oil Blend.

**CONTAINS:** Milk, Soy

\*Not Found In Regular Pasteurized Process American Cheese.

50% Less Fat Than Regular American Cheese. 25% Less Sodium than Regular Reduced Fat American Cheese. Contains 4g Total Fat and 310 mg Sodium Compared with 9g total Fat in Regular American Cheese and 420mg Sodium in Regular Reduced Fat American Cheese.

46255 Land O Lakes®  
160 Slice Yellow American Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 163mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 35mg	<b>0%</b>

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Sodium Citrate, Salt, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, beta-Carotene and apo-Carotenol (colors), Enzymes, Soy Lecithin and Soybean Oil Blend.

**CONTAINS:** Milk, Soy

46288 Land O Lakes®  
160 Slice 50% RS, 50% RF Yellow  
American Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 197mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 270mg	<b>6%</b>
Vitamin A 90mcg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Whey Protein Concentrate\*, Contains Less than 2% of Salt, Potassium and Sodium Citrates, Lactic Acid, Sorbic Acid (preservative), Natural Flavor, Xanthan Gum\*, Locust Bean Gum\*, Guar Gum\*, apo-Carotenol and beta-Carotene (color), Vitamin A Palmitate, Enzymes, Soy Lecithin and Soybean Oil Blend.

**CONTAINS:** Milk, Soy.

\*Not Found In Regular American Cheese.

50% Less Fat Than Regular American Cheese. 25% Less Sodium than Regular Reduced Fat American Cheese. Contains 4g Total Fat and 310 mg Sodium Compared with 9g total Fat in Regular American Cheese and 420mg Sodium in Regular Reduced Fat American Cheese.

46219 Land O Lakes®  
160 Slice White American Cheese

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>2 slices (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 157mg	<b>10%</b>
Iron 0mg	<b>0%</b>
Potassium 50mg	<b>2%</b>

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Salt, Sodium Citrate, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, Enzymes, Soy Lecithin and Soybean Oil Blend.

**CONTAINS:** Milk, Soy

46236 Land O Lakes®  
184 Slice Yellow  
American Cheese

Nutrition Facts	
92 servings per container	
<b>Serving size</b>	<b>2 slices (25g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 142mg	<b>10%</b>
Iron 0mg	<b>0%</b>
Potassium 30mg	<b>0%</b>

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Sodium Citrate, Salt, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, beta-Carotene and apo-Carotenol (colors), Enzymes, Soy Lecithin and Soybean Oil Blend.

**CONTAINS:** Milk, Soy

## CUBES

44751 Land O Lakes®  
Cubed Reduced Fat Mild Cheddar  
Cheese

Nutrition Facts	
about 80 servings per container	
<b>Serving size</b>	<b>1 oz. (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 204mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>
Vitamin A 85mcg	<b>10%</b>

\*The % Daily Value 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.

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

**CONTAINS:** Milk

25% Less Fat Than Regular Cheddar Cheese. Contains 7g Total Fat per serving compared with 9.4g Total Fat per serving in regular Cheddar Cheese.



## SERVING TIPS

- Combine sticks or cubes with fresh fruits and/or veggies for a grab-and-go smart snack
- Serve dips in single portions with whole grain crackers, pretzels, breadsticks, fruits or veggies
- Cheese is a great way to add protein to any breakfast meal





# GRAB & GO



									SHELF LIFE			
				M/MA PER SERVING	ITEM #	PACKAGE	STORAGE	DF/CASE	CASE PACK	GUARANTEED	TOTAL	
CUBES												
25% RF Mild Cheddar Cheese Cubes					1	44113	1 oz.	Refrigerated	12.50	200/1 oz.	90 days	5 mo.
25% RF Colby Jack Cheese Cubes					1	44115	1 oz.	Refrigerated	12.50	200/1 oz.	90 days	5 mo.
25% RF Mild Cheddar Cheese Cubes Bulk					1	44751	5 lb.	Refrigerated	20.00	4/5 lb.	60 days	5 mo.
CRACKER CUTS												
Mild Cheddar Cheese Cracker Cuts					1	44006	15 lb.	Refrigerated	15.00	2/7.5 lb.	60 days	90 days.
STICKS												
Colby Jack Cheese Stick					1	44873	1 oz	Refrigerated	10.50	168/1 oz	90 Days	180 Days
25% RF Colby Jack Cheese Stick					1	44875	1 oz	Refrigerated	10.50	168/1 oz	90 Days	150 Days
Mild Cheddar Cheese Stick					1	44880	1 oz	Refrigerated	10.50	168/1 oz	90 Days	180 Days
25% RF Mild Cheddar Cheese Stick					1	44882	1 oz	Refrigerated	10.50	168/1 oz	90 Days	150 Days
Mozzarella String Cheese Stick					1	59701	1 oz.	Refrigerated	10.50	168/1 oz.	60 days	5 mo.
Light Mozzarella String Cheese Stick					1	59703	1 oz.	Refrigerated	10.50	168/1 oz.	60 days	5 mo.
DIP CUPS												
Ultimate Cheddar™ Cheese Dip Cups					1	39911	3 oz.	Shelf stable	8.92	140/3 oz.	90 days	6 mo.
Mucho Queso™ Jalapeño Cheese Dip Cups					1	39912	3 oz.	Shelf stable	8.92	140/3 oz.	90 days	6 mo.
KOZY SHACK® PUDDING												
Kozy Shack® CowRageous!® Chocolate Pudding Cup					0	03710	3.75 oz.	Refrigerated	N/A	48/3.75 oz.	30 days	72 days
Kozy Shack® CowRageous!® Vanilla Pudding Cup					0	03720	3.75 oz.	Refrigerated	N/A	48/3.75 oz.	30 days	70 days
Kozy Shack® Chocolate Pudding Bulk*					0	73010	4 lb.	Refrigerated	N/A	2/4 lb.	30 days	55 days
CONDIMENTS												
Sour Cream					0	64421	1 oz.	Refrigerated	N/A	100 piece	45 days	120 days
Fat Free Sour Cream					0	64407	1 oz.	Refrigerated	N/A	100 piece	45 days	90 days

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

## HEATING AND HANDLING INSTRUCTIONS

Land O Lakes® Cheese Dip cups are ready to eat at room temperature.

- If heated, product temperature should not exceed 140°F
- Shelf stable: 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.



Learn more at [landolakesfoodservice.com](http://landolakesfoodservice.com)

## CUBES

44751 Land O Lakes®  
25% RF Mild Cheddar Cheese Cubes

Nutrition Facts	
Serving size	1 oz. (28g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 204mg	15%
Iron 0mg	0%
Potassium 30mg	0%
Vitamin A 85mcg	10%

\*The % Daily Value 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.

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

**CONTAINS:** Milk

25% Less Fat Than Regular Cheddar Cheese. Contains 7.0g Total Fat per serving compared with 9.4g Total Fat per serving in regular Cheddar Cheese.

44115 Land O Lakes®  
25% RF Colby Jack Cheese Cubes

Nutrition Facts	
Serving size	1 oz. (28g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 194mg	15%
Iron 0mg	0%
Potassium 30mg	0%
Vitamin A 84mcg	10%

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk and Skim Milk, Salt, Enzymes, Annatto (color), Vitamin A Palmitate.

**CONTAINS:** Milk

25% Less Fat Than Regular Colby Jack Cheese. Contains 6.6g Total Fat per serving compared with 8.8g Total Fat per serving in regular Colby Jack Cheese.

## STICKS

44873  
Colby Jack Cheese Stick

Nutrition Facts	
Serving size	1 stick (28g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 0mg	0%
Potassium 30mg	0%

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk, Salt, Enzymes, Annatto (color).

**CONTAINS:** Milk

44875  
RF Colby Jack Stick

Nutrition Facts	
Serving size	1 stick (28g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 0mg	0%
Potassium 30mg	0%
Vitamin A 85mcg	10%

\*The % Daily Value 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.

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

**CONTAINS:** Milk

25% Less Fat Than Regular Colby Jack Cheese. Contains 6.6 g Total Fat per serving compared with 8.8 g Total Fat per serving in regular Colby Jack Cheese.

## STICKS

44880  
Mild Cheddar Stick

Nutrition Facts	
Serving size	1 Stick (28g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 0mg	0%
Potassium 20mg	0%

\*The % Daily Value 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.

**INGREDIENTS:** Cultured Pasteurized Milk, Salt, Enzymes, Annatto (color).

**CONTAINS:** Milk

44882  
RF Mild Cheddar Stick

Nutrition Facts	
Serving size	1 stick (28g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 0mg	0%
Potassium 30mg	0%
Vitamin A 85mcg	10%

\*The % Daily Value 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.

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

**CONTAINS:** Milk

25% Less Fat Than Regular Cheddar Cheese. Contains 7.0 g Total Fat per serving compared with 9.4 g Total Fat per serving in regular Cheddar Cheese.

59701 Land O Lakes®  
Mozzarella String Cheese Stick

Nutrition Facts	
Serving Size	1 oz (28g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 0mg	0%
Potassium 55mg	2%

\*The % Daily Value (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.

**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 (28g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 0mg	0%
Potassium 110mg	2%
Vitamin A 63mcg	8%

\*The % Daily Value 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.

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

**CONTAINS:** Milk

50% Less Fat Than Our Regular LMPs Mozzarella String Cheese. Contains 3g Total Fat per serving compared with 6g Total Fat per serving in regular string cheese.



## DIP CUPS

39911 Land O Lakes®  
Ultimate Cheddar™  
Cheese Sauce Cups

Nutrition Facts	
140 servings per container	
<b>Serving size</b>	<b>3 oz. cup (85g)</b>
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	<b>19%</b>
Vitamin D 0mcg	0%
Calcium 334mg	25%
Iron 0mg	0%
Potassium 1829mg	40%

**INGREDIENTS:** Water, Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Whey, Potassium Phosphate, Reduced Fat Cheddar Cheese (cultured pasteurized reduced fat milk, salt, enzymes), Non-Fat Dry Milk, Maltodextrin, Contains Less than 2% of Glucono-Delta-Lactone, Natural Flavors, Carrageenan, Lactic Acid, Salt, Mono and Diglycerides, Sorbic Acid (preservative), Sodium Phosphate, apo-Carotenal (color).

**CONTAINS:** Milk

39912 Land O Lakes®  
Jalapeño Cheddar Cheese Sauce Cup

Nutrition Facts	
140 servings per container	
<b>Serving size</b>	<b>3 oz. cup (85g)</b>
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg	0%
Calcium 341mg	25%
Iron 0mg	0%
Potassium 1812mg	40%

**INGREDIENTS:** Water, Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Whey, Non-Fat Dry Milk, Potassium Phosphate, Reduced Fat Cheddar Cheese (cultured pasteurized reduced fat milk, salt, enzymes), Maltodextrin, Contains Less than 2% of Jalapeño Pepper, Glucono-Delta-Lactone, Carrageenan, Lactic Acid, Green Bell Pepper, Mono and Diglycerides, Sorbic Acid (preservative), Salt, apo-Carotenal (color), Sodium Phosphate, Natural Flavor.

**CONTAINS:** Milk

## CONDIMENTS

64421 Land O Lakes®  
Sour Cream  
100/1oz. portions

Nutrition Facts	
<b>Serving size</b>	<b>1 pouch (28g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 45mg	0%

**INGREDIENTS:** Cultured Nonfat Milk, Cream, Less Than 1% of Whey Protein Concentrate, Food Starch-Modified, Sodium Hexametaphosphate, Cultured Dextrose, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Gellan Gum, Potassium Sorbate (preservative).

**CONTAINS:** Milk

64407 Land O Lakes®  
Fat Free Sour Cream  
100/1oz. portions

Nutrition Facts	
<b>Serving size</b>	<b>1 pouch (28g)</b>
Amount per serving	
<b>Calories</b>	<b>25</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 90mg	2%
Vitamin A 60mcg	6%

**INGREDIENTS:** Cultured Nonfat Milk, Whey Protein Concentrate, Cream\*, Food Starch-Modified, Less Than 2% of Corn Starch, Maltodextrin, Cultured Dextrose, Artificial Color\*\*, Potassium Sorbate (preservative), Tetrasodium Pyrophosphate, Guar Gum, Locust Bean Gum, Carrageenan, Gellan Gum, Vitamin A Palmitate.

**CONTAINS:** Milk

\*Adds a trivial amount of fat.

\*\*Ingredient not in regular sour cream.

## CRACKER CUTS

44006 CRACKER CUTS  
Mild Cheddar

Nutrition Facts	
240 servings per container	
<b>Serving Size</b>	<b>4 squares (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 201mg	15%
Iron 0mg	0%
Potassium 22mg	0%

**INGREDIENTS:** Cultured Pasteurized Milk, Salt, Enzymes, Annatto (color).

**CONTAINS:** Milk

## KOZY SHACK® PUDDING

03710 KOZY SHACK®  
CowRageous®  
Chocolate Pudding Cup

Nutrition Facts	
<b>Serving Size</b>	<b>1 Snack Cup (106g)</b>
Amount Per Serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 14g Added Sugars	28%
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 0mg	0%
Potassium 220mg	4%

**INGREDIENTS:** Reduced Fat Milk, Cane Sugar, Modified Tapioca Starch, Contains Less Than 2% of Cocoa (processed with alkali), Salt, Carrageenan, Natural Flavors.

**CONTAINS:** Milk

03720 KOZY SHACK®  
CowRageous®  
Vanilla Pudding Cup

Nutrition Facts	
<b>Serving Size</b>	<b>1 Snack Cup (106g)</b>
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 12g Added Sugars	24%
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0mg	0%
Potassium 130mg	2%

**INGREDIENTS:** Reduced Fat Milk, Cane Sugar, Modified Tapioca Starch, Contains Less Than 2% of Eggs, Natural Flavors, Salt, Carrageenan, Annatto Extract (color).

**CONTAINS:** Milk, Egg

73010 KOZY SHACK®  
Chocolate Pudding – Bulk

Nutrition Facts	
<b>Serving size</b>	<b>1/2 cup (130g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 17g Added Sugars	34%
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 1mg	6%
Potassium 273mg	6%

**INGREDIENTS:** Reduced Fat Milk, Cane Sugar, Modified Tapioca Starch, Contains Less Than 2% of Cocoa (processed with alkali), Salt, Carrageenan, Natural Flavors.

**CONTAINS:** Milk



# OUR SHARED ENTREPRENEURIAL VALUES

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Just as farmers find themselves putting in long hours in the heat and solving problems in the moment, we see chefs bring the same dedication to creating delicious meals in their kitchens. Shared resilience and ability to pivot when setbacks arise is why we feel an entrepreneurial kinship between chefs and our Land O'Lakes farmer-owners.

With humble beginnings in 1921, Land O'Lakes began when a group of farmers formed a cooperative to sell products together, which meant they'd work together as members, sharing profits and benefits.

And today, we put farmers first because our company ownership includes 1000+ farmers who produce milk used in our products.

When someone buys our products, it benefits those farmers and their communities. So, their passion for being defiantly cooperative while nourishing people has deep roots.

And that's something we share with the farmer-owners here at Land O'Lakes. It's a spirit that shows in our products, our recipes and our commitment to your kitchen staff.





# OUR SUSTAINABILITY COMMITMENTS & PRACTICES

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Back in 2021, Land O'Lakes gathered more than 250 data points per farm from more than 800 farms nationwide. Using this information, we're working to make new on-farm sustainability commitments a reality by 2025, focusing on accountability across the food chain.

As a division of Land O'Lakes, we're also committing to a sustainability plan. Our foodservice team believes in minimizing waste whenever possible, whether in a restaurant, K-12 or college and university setting.

## IT'S COOL TO LOVE CHEESE



You know kids love cheese, but now your staff will, too, thanks to **Cool School Cafe®**.

Earn points on qualifying purchases that can enable you to get helpful items that can streamline your kitchen and enhance your meal program.





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