



Bongards Premium Cheese Nutritional Information

School Year 2023-2024

Description	Process Slices									
	American/ Swiss Slice 160 Count	Yellow American Slice 160 Count	White American Slice 160 Count	Reduced Fat/ Sodium American Slice 160 Count	Reduced Fat American Slice 160 Count	Reduced Fat/ Sodium American Slice 160 Count	Reduced Fat/ Sodium American Slice 160 Count	Yellow American Slice 160 Count	White Reduced Fat/ Sodium American Slice 160 Count	American Pepper Jack Slice 160 Count
Product #	110431	110491	110501	110541	111321	111331	111351	111371	111431	113451
Slices Per Case	640	640	640	640	960	960	960	960	960	640
MMA	1	1	1	1	1	1	1	1	1	1
Case Pack	4/5#	4/5#	4/5#	4/5#	6/5#	6/5#	6/5#	6/5#	6/5#	4/5#
Shelf Life	365	365	365	365	365	365	365	365	365	365
Serving Size	28g	28g	28g	28g	28g	28g	28g	28g	28g	28g
Calories	100	100	100	80	70	70	80	100	70	100
TOTAL Fat	8	9	9	6	4.5	4.5	6	9	4.5	9
Saturated Fat	5	5	5	3.5	2.5	2.5	3.5	5	2.5	5
Trans Fat	0	0	0	0	0	0	0	0	0	0
Cholesterol	25	25	25	15	15	15	15	25	15	25
Sodium	420	440	440	280	440	190	280	440	290	410
Total Carb	2	2	2	2	2	2	2	2	4	2
Dietary Fiber	0	0	0	0	0	0	0	0	0	0
Sugars gm	1	1	1	1	2	1	1	1	2	1
Protein	5	5	5	7	6	7	7	5	5	5
Vitamin D(%)	0	0	0	0	0	0	0	0	0	0
Calcium(%)	10	10	10	15	15	15	15	10	10	10
Iron(%)	0	0	0	0	0	0	0	0	0	0
Potassium(%)	0	0	0	4	0	4	4	0	2	0

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Natural Slices										
Description	Natural Mozzarella Slice 160 Count	Natural Provolone Slice 160 Count	Natural Cheddar Slice 160 Count	Reduced Fat Natural Cheddar Slice 160 Count	Natural Swiss Slice 160 Count	Natural Pepper Jack Slice 160 Count	Natural Cheddar Slice 32 Count	Natural Smoked Provolone Slice 32 Count	Natural Swiss Slice 32 Count	Natural Pepper Jack Slice 32 Count
Product #	114451	114461	114411	114421	114431	114441	752451	752471	752481	752521
Slices Per Case	640	640	640	640	640	640	256	256	256	256
MMA	1	1	1	1	1	1	0.75	0.75	0.75	0.75
Case Pack	4/5#	4/5#	4/5#	4/5#	4/5#	4/5#	8/1.5#	8/1.5#	8/1.5#	8/1.5#
Shelf Life	365	365	365	365	365	365	180	180	180	180
Serving Size	28g	28g	28g	28g	28g	28g	22g	22g	22g	22g
Calories	80	90	100	80	100	100	80	70	80	80
TOTAL Fat	6	7	9	6	7	8	7	6	7	6
Saturated Fat	3.5	4	5	3.5	4.5	5	4.5	3.5	4	4
Trans Fat	0	0	0	0	0	0	0	0	0	0
Cholesterol	15	20	25	15	20	25	20	15	20	20
Sodium	200	170	240	220	135	230	130	150	40	140
Total Carb	1	1	1	1	1	1	0	0	0	0
Dietary Fiber	0	0	0	0	0	0	0	0	0	0
Sugars gm	0	0	0	0	0	0	0	0	0	0
Protein	6	6	7	7	7	6	5	5	6	5
Vitamin D(%)	0	0	0	0	0	0	0	0	0	0
Calcium(%)	15	15	15	15	15	15	10	10	15	10
Iron(%)	0	0	0	0	0	0	0	0	0	0
Potassium(%)	0	0	0	0	0	0	0	0	0	0

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Description	Shreds								
	Shredded Pepper Jack 4/5#	Shredded Mozzarella 4/5#	Shredded Mozzarella 6/5#	Shredded Cheddar 4/5#	Italian Blend Feather 4/5#	Reduced Fat Shredded Cheddar 4/5#	Super Melt Yellow American 4/5#	Yellow Sharp Cheddar Feather 6/5#	Shredded Monterey/ Cheddar 4/5#
Product #	755351	755071	755531	755191	755361	755711	755811	755961	771021
Slices Per Case	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MMA	1	1	1	1	1	1	1	1	1
Case Pack	4/5#	4/5#	6/5#	4/5#	4/5#	4/5#	4/5#	6/5#	4/5#
Shelf Life	150	120	120	180	120	180	180	180	150
Serving Size	28g	28g	28g	28g	28g	28g	28g	28g	28g
Calories	100	80	80	110	90	90	100	110	110
TOTAL Fat	8	6	6	9	6	6	9	9	9
Saturated Fat	5	3	3	5	3.5	3.5	5	5	5
Trans Fat	0	0	0	0	0	0	0	0	0
Cholesterol	25	20	20	30	20	20	25	30	25
Sodium	380	190	190	190	210	210	350	190	180
Total Carb	1	2	2	1	1	1	1	1	1
Dietary Fiber	0	0	0	0	0	0	0	0	0
Sugars gm	1	1	1	0	0	0	1	0	0
Protein	5	7	7	6	7	8	6	6	7
Vitamin D(%)	0	0	0	0	0	0	0	0	0
Calcium(%)	15	15	15	15	15	15	15	15	15
Iron(%)	0	0	0	0	0	0	0	0	0
Potassium(%)	0	0	0	0	0	0	2	0	0

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Natural Sticks						
Description	Mozzarella String Cheese Stick LMPs	Lite LMPs Mozzarella String Stick	Reduced Fat Marble Cheese Stick	Marble Cheese Stick	Reduced Fat Cheddar Cheese Stick	Cheddar Cheese Stick
Product #	168 Count	168 Count	168 Count	168 Count	168 Count	168 Count
	402951	402991	402941	402931	402921	402911
Slices Per Case	N/A	N/A	N/A	N/A	N/A	N/A
MMA	1	1	1	1	1	1
Case Pack	168/1oz	168/1oz	168/1oz	168/1oz	168/1oz	168/1oz
Shelf Life	180	180	180	180	180	180
Serving Size	28g	28g	28g	28g	28g	28g
Calories	80	60	90	110	90	110
TOTAL Fat	6	3	6	9	6	9
Saturated Fat	3.5	2	3.5	5	3.5	6
Trans Fat	0	0	0	0	0	0
Cholesterol	15	10	15	30	20	30
Sodium	200	200	180	170	180	180
Total Carb	0	0	1	1	1	0
Dietary Fiber	0	0	0	0	0	0
Sugars gm	0	0	0	0	0	0
Protein	7	7	8	7	8	7
Vitamin D(%)	0	0	0	0	0	0
Calcium(%)	15	15	15	15	15	15
Iron(%)	0	0	0	0	0	0
Potassium(%)	0	0	0	0	0	0

Process Loaves		
Yellow American Loaf 6/5#	White American Loaf 6/5#	Yellow Process Cheese Spread Loaf 6/5#
202631	202641	202741
N/A	N/A	N/A
1	1	1
6/5#	6/5#	6/5#
365	365	365
28g	28g	28g
110	110	80
9	9	6
5	5	3.5
0	0	0
25	25	20
350	350	400
1	1	2
0	0	0
1	1	2
6	6	4
0	0	0
15	15	10
0	0	0
2	2	2

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