



Bongards Product Nutritionals - School Year 2022-2023

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Processed Slices								
Description	Amer. Swiss Slice 160 Count	Yellow Amer. Slice 160 Count	White Amer. Slice 160 Count	Reduced Fat/ Sodium Amer. 160 Slice	Reduced Fat Amer. Slice 160 Count	Reduced Fat/ Sodium Amer. 160 Slice	Yellow Amer. Slice 160 Count	Amer. Pepper Jack Slice 160P
Product #	100431 & 110431	100491 & 110491	100501 & 110501	100541 & 110541	101321 & 111321	101351 & 111351	101371 & 111371	103451 & 113451
Slices/Case	640	640	640	640	960	960	960	640
MMA/Serving	1	1	1	1	1	1	1	1
Case Pack	4/5#	4/5#	4/5#	4/5#	6/5#	6/5#	6/5#	4/5#
Shelf Life	365	365	365	365	365	365	365	365
Serving Size	28g	28g	28g	28g	28g	28g	28g	28g
Calories	100	100	100	80	70	80	100	100
TOTAL Fat	8	9	9	6	4.5	6	9	8
Saturated Fat	5	5	5	3.5	2.5	3.5	5	5
Trans Fat	0	0	0	0	0	0	0	0
Cholesterol	25	25	25	15	15	15	25	25
Sodium	420	440	440	280	440	280	440	420
Total Carb	2	2	2	2	2	2	2	2
Dietary Fiber	0	0	0	0	0	0	0	0
Sugars gm	1	1	1	1	2	1	1	1
Protein	5	5	5	7	6	7	5	5
Vitamin D(%)	0	0	0	0	0	0	0	0
Calcium(%)	10	10	10	15	15	15	10	142
Iron(%)	0	0	0	0	0	0	0	0
Potassium(%)	2	2	2	4	2	4	2	51

* Nutritional information subject to change. Last updated 12.19.2022



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Natural Slices										
Description	Natural Mozz. Slice 160 Count	Natural Prov. 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 Prov. Slice 32 Count	Natural Swiss Slice 32 Count	Natural Pepper Jack Slice 32 Count
Product #	104451 & 114451	104461 & 114461	104411 & 114411	104421 & 114421	104431 & 114431	104441 & 114441	752451	752471	752481	752521
Slices/Case	640	640	640	640	640	640	256	256	256	256
MMA/Serving	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	180	150	150	150	150	150	180	180	180	270
Serving Size	28g	28g	28g	28g	28g	28g	22g	22g	22g	22g
Calories	80	90	100	80	100	100	90	70	80	80
TOTAL Fat	6	7	9	6	7	8	7	6	7	6
Saturated Fat	4	4	5	4	4.5	5	4	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	140	190	40	140
Total Carb	1	1	1	1	1	1	1	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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Shreds										
Description	Pepper Jack Shreds 4/5#	Mozz. Shreds 4/5#	Mozz. Shreds 6/5#	Cheddar Shreds 4/5#	Cheddar Shreds 6/5#	Reduced Fat Cheddar Shreds 4/5#	Yellow Amer. Shreds 4/5#	Mont. Cheddar Shreds 4/5#	Cheddar Shreds 400 Count	LMPS Mozz. Shreds 400 Count
Product #	755351	755071	755531	755191	755501	755711	755911	771021	753201	753211
Slices/Case	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MMA/Serving	1	1	1	1	1	1	1	1	1	1
Case Pack	4/5#	4/5#	6/5#	4/5#	6/5#	4/5#	4/5#	4/5#	400/1oz	400/1oz
Shelf Life	150	120	120	180	180	180	180	150	150	120
Serving Size	28g	28g	28g	28g	28g	28g	28g	28g	28g	28g
Calories	100	80	80	110	110	90	110	110	110	80
TOTAL Fat	8	6	6	9	9	6	8	9	9	5
Saturated Fat	5	3	3	5	5	3.5	5	5	6	3
Trans Fat	0	0	0	0	0	0	0	0	0	0
Cholesterol	25	20	20	30	25	20	25	25	30	15
Sodium	380	190	190	190	180	210	320	180	180	190
Total Carb	1	1	2	1	2	1	2	1	1	2
Dietary Fiber	0	0	0	0	0	0	0	0	0	0
Sugars gm	1	1	1	0	0	0	1	0	0	0
Protein	5	7	7	6	6	8	5	7	7	7
Vitamin D(%)	0	0	0	0	0	0	0	0	0	0
Calcium(%)	10	15	15	15	15	15	15	15	15	15
Iron(%)	0	0	0	0	0	0	0	0	0	0
Potassium(%)	2	0	0	0	0	0	2	0	0	0

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Description	Process Loaves			Natural Sticks					
	Yellow Amer. Loaf 6/5#	White Amer. Loaf 6/5#	Yellow Process Cheese Spread Loaf 6/5#	Mozz. String Cheese Stick LMPs 168 Count	Lite LMPs Mozz. String Stick 168 Count	Reduced Fat Marble Cheese Stick 168 Count	Marble Cheese Stick 168 Count	Reduced Fat Cheddar Cheese Stick 168 Count	Cheddar Cheese Stick 168 Count
Product #	202631	202641	202741	402951	402991	402941	402931	402921	402911
Slices/Case	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MMA/Serving	1	1	1	1	1	1	1	1	1
Case Pack	6/5#	6/5#	6/5#	168/1oz	168/1oz	168/1oz	168/1oz	168/1oz	168/1oz
Shelf Life	365	365	365	150	180	180	180	180	150
Serving Size	28g	28g	28g	28g	28g	28g	28g	28g	28g
Calories	110	110	80	80	60	90	110	90	110
TOTAL Fat	9	9	6	6	3	6	9	6	9
Saturated Fat	5	5	4	3.5	2	3.5	5	3.5	6
Trans Fat	0	0	0	0	0	0	0	0	0
Cholesterol	25	25	20	15	10	15	30	20	30
Sodium	350	350	400	200	200	180	170	180	180
Total Carb	1	1	2	0	0	1	1	1	0
Dietary Fiber	0	0	0	0	0	0	0	0	0
Sugars gm	1	1	2	0	0	0	0	0	0
Protein	6	6	4	7	7	8	7	8	7
Vitamin D(%)	0	0	0	0	0	0	0	0	0
Calcium(%)	15	15	10	15	15	15	15	215	15
Iron(%)	0	0	0	0	0	0	0	0	0
Potassium(%)	2	2	2	0	0	0	0	0	0

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