

# MONTEREY JACK CHEESE

**Nutrition Facts** Servings:  
**Serv. size: 1 oz (28g/~1" cube)**

Amt per serving: **Calories 110**  
**Total Fat** 10g (13% DV), Sat Fat 7g (32% DV), Trans Fat 0g (0% DV),  
**Cholest.** 30mg (9% DV), **Sodium** 180mg (8% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (incl 0g added sugars) (0% DV),  
**Protein** 7g, Vit. D (0% DV), Calcium (15% DV), Iron (0% DV), Potas. (0% DV)

Ingredients: pasteurized cow milk, salt, enzymes, cultures

\*No significant difference has been found in milk derived from rBGH treated and non-rBGH treated cows.

*Gluten Free*

*rBGH Free\* · Keep Refrigerated*

**Handcrafted for Red Barn Family Farms**

**Appleton, WI 54913**

**[www.redbarnfamilyfarms.com](http://www.redbarnfamilyfarms.com)**