Specification Sheet

Product Name: BEAN & CHEESE BURRITO with Whole Wheat Flour Tortilla

Stock Code: 97576

Total Weight: 5.20 oz.

Weight of Cheddar Cheese: 0.510 oz.

Weight of Dry Pinto Beans: 0.738 oz.

*Weight of Hydrated TVP: 0.2172 oz.

Weight of Other Ingredients: 1.4848 oz.

Total Weight of Filling: 2.95 oz.

Total Weight of Whole Wheat Flour Tortilla: 2.25 oz.

Meat Alternate from Tortilla: 0.50 oz.

*CHS Legacy Foods, Inc. C (SF) protein content 50%.

The above product ready for serving contains 2.00 oz. of cooked meat alternate and 2.00 oz. equivalent grains towards the NSLP when prepared according to cooking directions.

Slight variation in piece weight is possible due to normal processing variance, however average weight per box will meet or exceed the stated weight.

This product is produced by M.C.I. Foods, Inc.

I certify that the above information is true and correct.

	President	9/14/2012
Signed for M.C.I. Foods, Inc.	**Title**	**Date**

Revision Date: **9/14/2012**

Nutritional Analysis

Code #: **97576** **Individually Wrapped**

Description: **Bean & Cheese Burritos**

Net Wt. (oz.) **5.200** **Case Pack:** **96**

Servings Per Package: **1**

Serving Size **5.200 oz. (147.42 g)**

Weight of Filling (oz.) : **2.95**

Weight of Tortilla/Bread (oz.): **2.25**

Tortilla Type: Whole Wheat Flour

Ingredient Statement

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn).

Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

Allergen Statement Contains WHEAT, SOY , MILK

Whole Grain Servings: **1.00**

National School Lunch Requirements

CN # 081011 **CN Date 06-12**

Each **5.200** oz. Portion (cooked) will provide **2.00** oz. Meat/Meat Alternate and **2.00** oz. equivalent grains and _____ Cup Legume Vegetable.

Nutritional Information

% Calories from Fat 25.63%
% Calories from Sat Fat 11.19%

Basis of Analysis: as Cooked.

Serving Size 5.200 oz. (147.42 g)
Servings Per Package: **1**

		Fats		Vitamins		%DV	Minerals		%DV
Calories (Kcal)	291.1100								
Calories from Fat	74.6100	Total Fat (g)	8.2900	Vitamin A (RE)	0.00	6%	Iron (mg)	3.33	20%
Protein (g)	15.6000	Saturated Fat (g)	3.6200	Vitamin A (IU)	295.24		Sodium (mg)	478.94	
Carbohydrates (g)	40.9500	Trans Fat (g)*	0.0100	Vitamin C (mg)	1.54	2%	Calcium (mg)	171.00	15%
Tot. Dietary Fiber (g)	7.9600	Cholesterol (mg)	15.3300						
Ash (g)	1.6100	Water (g)	76.0700						

Fat Change +/- 0% Moisture Change +/- 0% Data Source: USDA Handbook 8 *-Trans Fats naturally occuring

Heating Instructions

Heating Instructions: Place burritos on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min. Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

For Additional Information Contact
M.C.I. FOODS, INC. 13013 Molette St., Santa Fe Springs, CA 90670 562-977-4000 or 800-704-4661

Stock Code
97576
Lot #

10006574975765
CN-NON FED-WG
CN-NON FED-WG

Bean & Cheese Burritos

Individually Wrapped

Los Cabos Mexican Foods

DOP: 174-12-13

KEEP FROZEN

CN

CN Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat alternate and 2.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-12.) CN

081011

CN

96 CT - 5.20 OZ.

W101 PF103

Lot #

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn).

Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

Heating Instructions: Place burritos on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min. Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

Stock Code
97576

Contains WHEAT, SOY , MILK

NET WT. 31 LBS. 3.20 OZ.

M.C.U FOODS, INC. SANTA FE SPRINGS, CA 90670 US

Copy not for documenting Federal Meal Requirements

oz. equivalent grains product

Revision Date: **9/14/2012**

HealthierUS School Challenge Whole Grain Criteria

Documentation to show primary grains in product are Whole Grains to meet Group A

Product Code #: **97576**

Product Name: **Bean & Cheese Burritos**

Serving Size 5.200 oz. (147.42 g) **Weight of Filling (oz.) :** 2.950 **Weight of Tortilla/Bread (oz.)** 2.250

1) Product Ingredient Statement:

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn).

Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

2) Underline all items that are whole grain in the Ingredient Statement (see above)

3) Serving size in grams for Whole grain bread component: 63.787 (g) **or** 2.00 **oz. equivalent grains*.**

*** note: some products, such as Enchiladas, are to be served as 2 each in order to meet the full G/B serving**

4) Total weight of all Whole grain ingredients in the bread component: 18.21 g **Whole Wheat Flour**

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 18.21 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 18.21 g

A) The serving size for this food product equals 1 Grains/Bread Servings? YES

Per USDA FNS Policy Memo AP-30-2012 relating to Whole Grains Rich Criteria. This product provides 1 Whole Grain servings (based on 16 g per serving) and provides 2.00 oz. equivalent grains towards the National School Lunch Program. Some products, such as Enchiladas, are to be served two each in order to meet this criteria

B) The ingredient underlined above is considered whole grain? YES

C) Does the weight in item # 4 exceed (or is equal to) the weight in Item #5? YES

D) Does the weight in item # 4 exceed (or is equal to) the weight in Item #6? YES

E) Are the answers to items A, B & C yes? If yes, the food product meets GROUP A Criteria. Answer = YES

F) Are the answers to items A, B & D yes? If yes, the food product meets GROUP B Criteria. Answer = YES

M.C.I. Foods, Inc. purchases bread components (tortillas) that are made from blends of whole grain flours and enriched flours. The whole grain flour is 51% of the flour component and meets the definition of "whole grain rich" per USDA FNS Policy Memo SP-30-2012

Dan Southard	9/14/2012	dan@mcifoods.com
Dan Southard, President	**Date**	**email**

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