



Product Specification and Nutritional Information

Current Revision Date: 8/25/2014 Replaces Spec Dated 12/4/2013



Stock Code		Product Name							
63457		Bean & Cheese Burritos							
Bulk Pack									
Net Wt. (oz)	Case Pack	Case Net Wt. (Lbs)	UPC/GTIN	Ship Wt. (Lbs)	Case Cube	Case Dimensions (in)	Pallet Count	Tie/High	
5.450	48	16.35	10006574634570	17.66	0.596	19.000 L 15.500 W 3.500 H	66	6 x 11	
Child Nutrition (CN) Meal Pattern Contributions¹				CN # 089242	CN Date 12-13	CN Expiration Date 12/30/2018			
Each 5.450 oz. portion provides*:		Meat/Meat Alternate. (oz)	Equivalent Grains (oz)	Legume veg (cup)	Red/Orange veg (cup)	Dark Green veg (cup)	Starchy veg (cup)	Other veg (cup)	
A		2.00	2.00						
--- OR ---									
B		1.00	2.00	1/4					

* - use the crediting in row A or row B, but not both. (based on the dual meat alternate/vegetable crediting for legumes.)
 1 - if there is a CN number and CN date listed, the item is CN labeled.

Ingredient Statement

Ingredients: Filling: Water, Pinto Beans (Cooked Pinto Beans (Water, Pinto Beans), and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch.

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

BID Specification

Burrito -Frozen, Bean & Cheese flavor. Each 5.45 oz. burrito provides 2 OZ Meat/Meat Alternate and 2 OZ EQV Grain towards the NSLP. No Textured Vegetable Protein added to the Bean & Cheese filling. Minimum ingredients to resemble scratch cooking preparation. Whole Grain Rich Tortilla CN labeled. Burritos are bulk packed. Preparation instructions printed on outside of box. 48 count. No more than 500 mg Sodium, Less than 12.5% calories from saturated fat, 0 Trans Fat added, No less than 296 Kcal. Hand held-Fully cooked. Vegetarian Los Cabos Brand 63457

Nutritional Information

Serving Size 5.450 oz. (154.51 g)
 Servings Per Package: 1
 Calories (Kcal) 296.2900
 Calories from Fat 80.4600
 Protein (g) 15.1200
 Carbohydrates (g) 40.8600
 Sugars (g) 1.0900
 Tot. Dietary Fiber (g) 8.8100
 Ash (g) 1.3500

% Calories from Fat 27.16%
 % Calories from Sat Fat 12.30%
Fats
 Total Fat (g) 8.9400
 Saturated Fat (g) 4.0500
 Trans Fat (g)* 0.0000
 Cholesterol (mg) 17.5600
 Water (g) 72.9700

Basis of Analysis: as Cooked.

Fat Change +/- 0% Moisture Change +/- 0%
 Data Source: USDA Handbook 8

Vitamins	%DV	Minerals	%DV
Vitamin A (RE) 0.00	6%	Iron (mg) 3.01	15%
Vitamin A (IU) 322.50		Sodium (mg) 498.83	
Vitamin C (mg) 1.28	2%	Calcium (mg) 182.49	20%

*-Trans Fats naturally occurring

Heating Instructions

Heating Instructions: Cover sheet pan with parchment paper. Place burritos on pan with flap facing up. 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 16-19 min. Refrigerated: Heat for 10-12 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min. Microwave: Frozen: Heat on High for 45 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 40 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

For Additional Information, visit our website at www.mcifoods.com or contact:

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

Bean & Cheese Burritos



Bulk Pack

Los Cabos Mexican Foods

DOP: 066-13-15

KEEP FROZEN

Ingredients: Filling: Water, Pinto Beans (Cooked Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch.

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: Cover sheet pan with parchment paper. Place burritos on pan with flap facing up. 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 16-19 min. Refrigerated: Heat for 10-12 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 19-23 min. Refrigerated: Heat for 12-14 min. Microwave: Frozen: Heat on High for 45 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 40 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

Stock Code

63457

Contains WHEAT, SOY, MILK

NET WT. 16 LBS. 5.60 OZ.

M.C. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

CN _____ CN _____
Each 5.45 oz. Burrito provides 2.00 oz. equivalent meat alternate and 2.00 oz. equivalent grains or 1.00 oz. equivalent meat alternate and 1/4 cup legume vegetables 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 (2-13)).
CN _____ CN _____

48 CT - 5.45 OZ.

W245

Lot #

47499

Stock Code
63457

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CNNF-WG-DUAL LEGUME
CN-NF-WG-DUAL LEGUME



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Copy not for documenting Federal Meal Requirements

