



Product Code Number	Product Description	Can Weight (lbs)	Serving Size (oz)	Portions per Serving	Pgs per Case	Calories	Calories from Fat	% Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	CN Number (if applicable)	Meat/NA Credit	Veg Credit	Bread Svgs Credit
88767/CM	Beef and Cheddar Burrito Individual Wrap**	31.2	5.2	1	96	318	131	41%	14	6	0.35	37	431	31	6	0	17	10	2	20	15	83815	2	0	2
95574/CM	Beef and Cheddar Burrito Individual Wrap**	31.2	5.2	1	96	293	82	28%	9	2	0.34	18	413	39	7	0	16	8	8	8	20	83642	2	0	2
38767/CM	Beef & Bean Green Chili Burrito Individual Wrap	29.63	3.95	1	120	242	98	40%	10	4	0.26	28	323	24	3	0	19	8	2	15	15	83816	1.5	0	1.5
92540/CM	Beef & Bean Burrito Individual Wrap	31.2	5.2	1	92	278	72	26%	8	2	0.29	15	402	38	7	0	15	6	2	6	20	83640	2	0	2
64642/CM	Beef & Bean Burrito Individual Wrap	29.63	3.95	1	120	211	55	26%	6	1	0.22	12	306	25	0	0	11	4	2	6	15	83885	1.5	0	1.5
63540/CM	Beef & Bean Burrito Bulk Pack	15.6	5.2	1	48	278	72	26%	8	2	0.29	15	402	38	7	0	15	6	2	6	20	83640	2	0	2
64640/CM	Beef & Bean Burrito Bulk Pack	17.78	3.95	1	72	211	55	26%	6	1	0.22	12	306	25	0	0	11	4	2	6	15	83995	1.5	0	1.5
94640/CM	Beef & Bean Red Chili Burrito Individual Wrap	29.63	3.95	1	120	213	55	26%	8	1	0.22	12	307	29	7	0	11	4	2	6	15	83645	1.5	0	1.5
84541/CM	Beef & Bean Red Chili Burrito Individual Wrap	31.2	5.2	1	96	280	73	26%	8	2	0.29	15	404	39	7	0	15	6	2	8	20	81006	2	0	2
64541/CM	Beef & Bean Red Chili Burrito Bulk Pack	15.6	5.2	1	48	280	73	26%	8	2	0.29	15	404	39	7	0	15	6	2	8	20	81006	2	0	2
61853/CM	Beef Enchilada Bulk Packaged	15.53	1.72	1	144	38	31	35%	3	1	0.18	10	124	10	0.96	0	3.96	0	0	2	6	83742	0.5	0	0.5
85396/CM	Beef & Swiss 2001 12oz Individual Wrap	23.35	4.63	1	80	272	122	45%	8	6	0.48	23	476	21	7	0	19	28	0	20	20	89077	2	0	2
92576	Beef & Cheddar Burrito Individual Wrap	31.2	5.2	1	96	291	74	25%	8	2	0	15	428	40	7	0	15	6	2	15	20	81011	2	0	2
97580	Bean, Cheddar, & Green Chili Burrito Ind Wrap	31.2	5.2	1	96	320	104	33%	11	3	0	15	388	40	7	0	15	4	6	15	15	83639	2	0	2
64149	RF Monterey Jack Cheese Enchilada Bulk Packaged	13.28	1.475	1	144	111	50	45%	5	3	0	19	129	10	0.72	0	5	4	0	15	4	83653	0.75	0	0.5
64142	RF Monterey Jack Cheese Enchilada Bulk Packaged	18	2	1	144	150	66	44%	7	4	0	26	172	14	0	0	7	4	0	20	6	83740	1	0	1
64141	RF Cheddar Cheese Enchilada Bulk Packaged	13.28	1.475	1	144	111	50	45%	5	3	0	20	131	9	0.72	0	5	2	0	15	4	83739	0.75	0	0.5
64143	RF Cheddar Cheese Enchilada Bulk Packaged	18	2	1	144	150	67	45%	7	4	0	27	175	13	1	0	7	4	0	20	4	83738	1	0	1

For additional product information visit [http://dese.mo.gov/div/dm/fd/Nutritional\\_Facts\\_Index.html](http://dese.mo.gov/div/dm/fd/Nutritional_Facts_Index.html)  
<http://mcfloods.com/index.php>



## Specification Sheet

Product Name: BEEF & CHEESE & TEXTURED VEGETABLE PROTEIN TACO SNACK  
with Yellow Whole Wheat Flour Tortilla

Stock Code: 98767/CM

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.9652 oz.

Percent of Fat in Ground Beef: 20 %

Weight of Cheddar Cheese: 0.615 oz.

\*Weight of Hydrated TVP: 0.4056 oz.

Weight of Other Ingredients: 0.9642 oz.

Total Weight of Filling: 2.95 oz.

Total Weight of Yellow 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

11/27/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 11/27/2012

## Nutritional Analysis

**Code #:** 98767/CM      **Individually Wrapped**      **Net Wt. (oz.)** 5.200      **Case Pack:** 96  
**Description:** **Beef & Cheese & Textured Vegetable Protein Taco Snack (provisional)**      **Servings Per Package:** 1  
**Serving Size** 5.200 oz. ( 147.42 g )  
**Weight of Filling (oz.) :** 2.95  
**Tortilla Type:** Whole Wheat -Yellow Color      **Weight of Tortilla/Bread (oz.)** 2.25

### Ingredient Statement

INGREDIENTS: Filling: Ground Beef (Not more than 20% fat), Water, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Annatto if Colored, Enzymes), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), Modified Food Starch (refined from corn), Taco Seasoning (Spices (Including Paprika, Cumin and Oregano), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Chili Pepper, Minced Onion and Salt

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), Annatto & Turmeric.

**Allergen Statement Contains WHEAT, SOY , MILK**

**Whole Grain Servings:** 1.00

### National School Lunch Requirements CN # 085815      CN Date 12-12

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

Serving Size	5.200 oz. ( 147.42 g )	% Calories from Fat	41.18%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	17.90%				
Calories (Kcal)	318.2300	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	131.0400	Total Fat (g)	14.5600	Vitamin A (RE)	2.80 10%	Iron (mg)	3.10 15%
Protein (g)	17.7400	Saturated Fat (g)	6.3300	Vitamin A (IU)	499.51	Sodium (mg)	431.09
Carbohydrates (g)	31.4100	Trans Fat (g)*	0.3500	Vitamin C (mg)	1.42 2%	Calcium (mg)	182.91 20%
Tot. Dietary Fiber (g)	5.1200	Cholesterol (mg)	37.9300				
Ash (g)	1.5400	Water (g)	77.1200				

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

### 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  
**98767/CM**  
Lot #  
**45875**

CN-TS-MEAT-WG  
10006574987676  
CN-TS-MEAT-WG



Los Cabos Mexican Foods

Individually Wrapped

DOP: 283-12-13

**KEEP FROZEN**

INGREDIENTS: Filling: Ground Beef (Not more than 20% fat), Water, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Annatto if Colored, Enzymes), Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), Modified Food Starch (refined from corn), Taco Seasoning (Spices (Including Paprika, Cumin and Oregano), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour ( Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Chili Pepper, Minced Onion and Salt

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) , Annatto & Turmeric

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

**98767/CM**

Beef & Cheese & Textured Vegetable Protein Taco Snack (provisional)

96 CT - 5.20 OZ.

W125-CM PF101

CN Each 5.20 oz. Taco Snack provides 2.00 oz. equivalent meat/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-12-12.)

085875

Lot #

**45875**

Contains WHEAT, SOY, MILK  
NET WT. 31 LBS. 3.20 OZ.

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

Copy not for distribution - Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 11/27/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 98767/CM

Product Name: Beef & Cheese & Textured Vegetable Protein Taco Snack (provisional)

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: Ground Beef (Not more than 20% fat), Water, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Annatto if Colored, Enzymes), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), Modified Food Starch (refined from corn), Taco Seasoning (Spices (Including Paprika, Cumin and Oregano), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour ( Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Chili Pepper, Minced Onion and Salt

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), Annatto & Turmeric.

### 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,  
President

11/27/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEAN AND CHEESE AND GREEN CHILI BURRITO with Whole Wheat Flour Tortilla

Stock Code: 97580

Total Weight: 5.20 oz.

Weight of Cheddar Cheese: 0.51 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 #:** 97580      **Individually Wrapped Net Wt. (oz.)** 5.200 **Case Pack:** 96  
**Description:** **Bean and Cheese and Green Chile Burrito**      **Servings Per Package:** 1  
**Serving Size** 5.200 oz. ( 147.42 g )  
**Weight of Filling (oz.) :** 2.95  
**Tortilla Type:** Whole Wheat Flour      **Weight of Tortilla/Bread (oz.):** 2.25

## Ingredient Statement

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Enzymes, May contain Annatto Color), Green Chile (Green Chiles, water, calcium chloride, citric acid), Green Chile Puree (Green Chile Peppers, Water, Citric Acid), Soy Bean Oil, 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], Diced Onion, Salt, Flavorings.

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 # 083639 CN Date 07-12

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

Serving Size	5.200 oz. ( 147.42 g )	% Calories from Fat	32.47%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	10.90%				
Calories (Kcal)	320.3700	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	104.0400	Total Fat (g)	11.5600	Vitamin A (RE)	1.50 4%	Iron (mg)	3.14 15%
Protein (g)	15.5800	Saturated Fat (g)	3.8800	Vitamin A (IU)	179.60	Sodium (mg)	388.09
Carbohydrates (g)	40.9800	Trans Fat (g)*	0.0100	Vitamin C (mg)	3.79 6%	Calcium (mg)	169.29 15%
Tot. Dietary Fiber (g)	7.8800	Cholesterol (mg)	15.3300				
Ash (g)	1.3500	Water (g)	73.0800				

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

## 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**

Bean and Cheese and Green Chile Burrito



Individually Wrapped

Los Cabos Mexican Foods

DOP: 194-12-15

**KEEP FROZEN**

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Enzymes, May contain Annatto Color), Green Chile (Green Chiles, water, calcium chloride, citric acid), Green Chile Puree (Green Chile Peppers, Water, Citric Acid), Soy Bean Oil, 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], Diced Onion, Salt, Flavorings.

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. Do not Fry.

Stock Code

**97580**

Contains WHEAT, SOY, MILK

**NET WT. 31 LBS. 3.20 OZ.**  
M.C. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

96 CT - 5.20 OZ.

W120A PF050

Lot # **45554**

Stock Code  
**97580**  
Lot #  
**45554**



10006574975802  
CN-NON FED-WG  
CN-NON FED-WG



10006574975802

Copy not for distribution Federal Meal Requirements

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 07-12.) CN

088639

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 #: 97580

Product Name: Bean and Cheese and Green Chile Burrito

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, Salt, Culture, Enzymes, May contain Annatto Color), Green Chile (Green Chiles, water, calcium chloride, citric acid), Green Chile Puree (Green Chile Peppers, Water, Citric Acid), Soy Bean Oil, 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], Diced Onion, Salt, Flavorings.

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,  
President

9/14/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEAN & CHEESE BURRITO with Whole Grain 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: 1.624 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.

A handwritten signature in black ink, appearing to read "Dan Southard".

President

2/28/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 6/26/2012

# Nutritional Analysis

Code #: **97576** Individually Wrapped Net Wt. (oz.) 5.200 Case Pack: 96  
 Related Code #'s 71662, 97576, 67576, 67565 Servings Per Package: 1  
 Description: **Bean & Cheese Burritos** Serving Size **5.200 oz. ( 147.42 g )**  
 Weight of Filling (oz.) : 2.95  
 Weight of Tortilla/Bread (oz.): 2.25

## 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.

<b>Nutritional Information</b>		% Calories from Fat	25.63%	<b>Basis of Analysis: as Cooked.</b>			
Serving Size 5.200 oz. ( 147.42 g )		% Calories from Sat Fat	11.19%				
Servings Per Package: <b>1</b>		<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories (Kcal)	291.1100	Total Fat (g)	8.2900	Vitamin A (RE)	0.00 6%	Iron (mg)	3.33 20%
Calories from Fat	74.6100	Saturated Fat (g)	3.6200	Vitamin A (IU)	295.24	Sodium (mg)	478.94
Protein (g)	15.6000	Trans Fat (g)*	0.0100	Vitamin C (mg)	1.54 2%	Calcium (mg)	171.00 15%
Carbohydrates (g)	40.9500	Cholesterol (mg)	15.3300				
Tot. Dietary Fiber (g)	7.9600	Water (g)	76.0700				
Ash (g)	1.6100						
Fat Change +/- 0%		Moisture Change +/- 0%		Data Source: USDA Handbook 8		*-Trans Fats naturally occurring	

## 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

For Additional Information Contact Dan Southard at 562-977-4006

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

Bean & Cheese Burritos



Individually Wrapped

Los Cabos Mexican Foods

DOP: 174-12-13

**KEEP FROZEN**

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. Do not Fry.

Stock Code

**97576**

Contains WHEAT, SOY, MILK

**NET WT. 31 LBS. 3.20 OZ.**  
M.C. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

Stock Code  
**97576**  
Lot #



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



10006574975765

CN Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat alternate and 081034  
2.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. Use of CN  
this logo and statement authorized by the Food and Nutrition Service, USDA 06-12.)  
CN

96 CT - 5.20 OZ.

W101 PF103

Lot #



Copy not for distribution Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 6/6/2012

## 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: 18.18 g Whole Wheat Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 18.18 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 18.18 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,  
President

6/6/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF, BEAN, GREEN CHILI AND TEXTURED VEGETABLE PROTEIN  
BURRITO with Whole Grain Flour Tortilla

Stock Code: 95574

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.9375 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.541 oz.

\*Weight of Hydrated TVP: 0.3196 oz.

Weight of Other Ingredients: 1.3561 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

6/28/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 6/26/2012

# Nutritional Analysis

**Code #:** 95574      **Individually Wrapped**      **Net Wt. (oz.)** 5.200      **Case Pack:** 96  
**Related Code #'s** 95574, 65574      **Servings Per Package:** 1  
**Description:** **Beef, Bean, Green Chile and Textured Vegetable Protein Burritos**      **Serving Size** 5.200 oz. ( 147.42 g )  
**Weight of Filling (oz.) :** 2.95  
**Weight of Tortilla/Bread (oz.)** 2.25

## Ingredient Statement

INGREDIENTS: Filling: Ground Beef (Not more than 20% Fat), Water, Pinto Beans, Green Chile (Green Chiles, water, calcium chloride, citric acid), Textured Vegetable Protein [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), and Salt.

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

Whole Grain Servings: 1.00

## National School Lunch Requirements CN # 083642 CN Date 07-12

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

Serving Size	5.200 oz. ( 147.42 g )	% Calories from Fat	27.98%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	7.81%				
Calories (Kcal)	293.7000	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	82.1700	Total Fat (g)	9.1300	Vitamin A (RE)	2.20 8%	Iron (mg)	3.74 20%
Protein (g)	16.2800	Saturated Fat (g)	2.5500	Vitamin A (IU)	402.94	Sodium (mg)	413.93
Carbohydrates (g)	39.4900	Trans Fat (g)*	0.3400	Vitamin C (mg)	4.73 8%	Calcium (mg)	71.70 8%
Tot. Dietary Fiber (g)	7.9200	Cholesterol (mg)	18.8700				
Ash (g)	1.8900	Water (g)	76.6500				

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

## 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

**For Additional Information Contact Dan Southard at 562-977-4006**

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

# Beef, Bean, Green Chile and Textured Vegetable Protein Burritos



Individually Wrapped

Los Cabos Mexican Foods

DOP: 174-12-13

**KEEP FROZEN**

INGREDIENTS: Filling: Ground Beef (Not more than 20% Fat), Water, Pinto Beans, Green Chile (Green Chiles, water, Calcium chloride, citric acid), Textured Vegetable Protein (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), and Salt.

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

**95574**

CN

Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat/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 07-12.)

CN

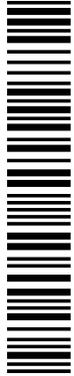
96 CT - 5.20 OZ.

W144 PF055

Lot # **70872**

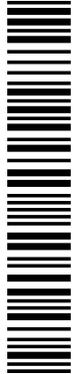
Stock Code  
**95574**

Lot #  
**70872**



10006574955743

CN-MEAT-WG  
CN-MEAT-WG



10006574955743

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 6/26/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 95574

Product Name: Beef, Bean, Green Chile and Textured Vegetable Protein 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: Ground Beef (Not more than 20% Fat), Water, Pinto Beans, Green Chile (Green Chiles, water, calcium chloride, citric acid), Textured Vegetable Protein [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), and Salt.

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,  
President

6/26/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF, BEAN, RED CHILI AND TEXTURED VEGETABLE PROTEIN  
BURRITO with Whole Wheat Flour Tortilla

Stock Code: 94541

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.7818 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.541 oz.

\*Weight of Hydrated TVP: 0.4056 oz.

Weight of Other Ingredients: 1.2216 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

9/17/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/17/2012

## Nutritional Analysis

**Code #:** 94541 **Individually Wrapped Net Wt. (oz.)** 5.200 **Case Pack:** 96  
**Description:** **Beef, Bean, Red Chili and Textured Vegetable Protein Burritos** **Servings Per Package:** 1  
**Serving Size** 5.200 oz. ( 147.42 g )  
**Weight of Filling (oz.) :** 2.95  
**Tortilla Type:** Whole Wheat Flour **Weight of Tortilla/Bread (oz.)** 2.25

### Ingredient Statement

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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**

**Whole Grain Servings:** 1.00

**National School Lunch Requirements** CN # 081006 CN Date 07-12

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

Serving Size	5.200 oz. ( 147.42 g )	% Calories from Fat	26.04%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	7.12%				
Calories (Kcal)	280.6800	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	73.0800	Total Fat (g)	8.1200	Vitamin A (RE)	2.80 6%	Iron (mg)	3.60 20%
Protein (g)	15.7800	Saturated Fat (g)	2.2200	Vitamin A (IU)	277.55	Sodium (mg)	404.01
Carbohydrates (g)	39.1200	Trans Fat (g)*	0.2900	Vitamin C (mg)	1.43 2%	Calcium (mg)	70.98 8%
Tot. Dietary Fiber (g)	7.7000	Cholesterol (mg)	15.7400				
Ash (g)	1.9200	Water (g)	78.6800				

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

### 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**

# Beef, Bean, Red Chili and Textured Vegetable Protein Burritos



Los Cabos Mexican Foods  
Individually Wrapped

DOP: 194-12-15

**KEEP FROZEN**

Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat/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 07-12.)

96 CT - 5.20 OZ.  
W108A PF101

Lot # **45554**

Stock Code  
**94541**

Lot #  
**45554**



10006574945416

CN-MEAT-WG  
CN-MEAT-WG



10006574945416

Stock Code

**94541**

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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.

Contains WHEAT & SOY

**NET WT. 31 LBS. 3.20 OZ.**

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

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/17/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 94541

Product Name: Beef, Bean, Red Chili and Textured Vegetable Protein 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, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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,  
President

9/17/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF, BEAN, RED CHILI AND TEXTURED VEGETABLE PROTEIN  
BURRITOS with Whole Wheat Flour Tortilla

Stock Code: 94040

Total Weight: 3.95 oz.

Weight of Ground Beef: 0.5963 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.413 oz.

\*Weight of Hydrated TVP: 0.3094 oz.

Weight of Other Ingredients: 0.9313 oz.

Total Weight of Filling: 2.25 oz.

Total Weight of Whole Wheat Flour Tortilla: 1.70 oz.

Meat Alternate from Tortilla: 0.37 oz.

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

The above product ready for serving contains 1.50 oz. of cooked meat alternate and 1.50 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

9/18/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/18/2012

# Nutritional Analysis

**Code #:** 94040 **Individually Wrapped Net Wt. (oz.)** 3.950 **Case Pack:** 120  
**Description:** **Beef, Bean, Red Chili and Textured Vegetable Protein Burritos** **Servings Per Package:** 1  
**Serving Size** 3.950 oz. ( 111.98 g )  
**Weight of Filling (oz.) :** 2.25  
**Tortilla Type:** Whole Wheat Flour **Weight of Tortilla/Bread (oz.)** 1.7

## Ingredient Statement

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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, Milk, Soy**

**Whole Grain Servings: 0.75**

## National School Lunch Requirements CN # 083645 CN Date 07-12

Each 3.950 oz. Portion (cooked) will provide 1.50 oz. Meat/Meat Alternate and 1.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

Serving Size	3.950 oz. ( 111.98 g )	% Calories from Fat	26.07%	<b>Basis of Analysis: as Cooked.</b>			
		% Calories from Sat Fat	7.14%				
Servings Per Package:	<b>1</b>	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories (Kcal)	213.0000	Total Fat (g)	6.1700	Vitamin A (RE)	2.13 4%	Iron (mg)	2.73 15%
Calories from Fat	55.5300	Saturated Fat (g)	1.6900	Vitamin A (IU)	211.69	Sodium (mg)	307.72
Protein (g)	11.9900	Trans Fat (g)*	0.2200	Vitamin C (mg)	1.09 2%	Calcium (mg)	53.90 6%
Carbohydrates (g)	29.6500	Cholesterol (mg)	12.0000				
Tot. Dietary Fiber (g)	5.8500	Water (g)	59.8200				
Ash (g)	1.4600						

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

## 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**

# Beef, Bean, Red Chili and Textured Vegetable Protein Burritos



Los Cabos Mexican Foods  
Individually Wrapped

120 CT - 3.95 OZ.  
W108A PF101

Stock Code  
**94040**  
Lot #  
**70872**



CN-MEAT-WG  
CN-MEAT-WG  
10006574940404



10006574940404

DOP: 174-12-13

**KEEP FROZEN**

CN Each 3.95 oz. Burrito provides 1.50 oz. equivalent meat/meat alternate and 1.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07-12.) CN

Lot # **70872**

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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

**94040**

Contains: Wheat, Milk, Soy  
**NET WT. 29 LBS. 10.00 OZ.**  
M.C.I. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/18/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 94040

Product Name: Beef, Bean, Red Chili and Textured Vegetable Protein Burritos

Serving Size 3.950 oz. ( 111.98 g ) Weight of Filling (oz.) : 2.250 Weight of Tortilla/Bread (oz.) 1.700

### 1) Product Ingredient Statement:

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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: 48.195 (g) or 1.50 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: 13.76 g Whole Wheat Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 13.76 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 13.76 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 0.75 Whole Grain servings (based on 16 g per serving) and provides 1.50 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,  
President

9/18/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF & BEAN AND TEXTURED VEGETABLE PROTEIN BURRITOS with Whole Wheat Flour Tortilla

Stock Code: 93540

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.7818 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.541 oz.

\*Weight of Hydrated TVP: 0.4056 oz.

Weight of Other Ingredients: 1.2216 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

9/17/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/17/2012

## Nutritional Analysis

**Code #:** 93540      **Individually Wrapped**      **Net Wt. (oz.)** 5.200      **Case Pack:** 96  
**Description:** **Beef & Bean & Textured Vegetable Protein**      **Servings Per Package:** 1  
**Burritos**      **Serving Size** 5.200 oz. ( 147.42 g )  
**Tortilla Type:** Whole Wheat Flour      **Weight of Filling (oz.) :** 2.95  
**Weight of Tortilla/Bread (oz.)** 2.25

### Ingredient Statement

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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**

**Whole Grain Servings:** 1.00

**National School Lunch Requirements**      **CN #** 083640      **CN Date** 07-12

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

Serving Size	5.200 oz. ( 147.42 g )	% Calories from Fat	26.02%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	7.20%				
Calories (Kcal)	278.7600	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	72.5400	Total Fat (g)	8.0600	Vitamin A (RE)	31.63 6%	Iron (mg)	3.59 20%
Protein (g)	15.7100	Saturated Fat (g)	2.2300	Vitamin A (IU)	320.02	Sodium (mg)	402.91
Carbohydrates (g)	38.8000	Trans Fat (g)*	0.2900	Vitamin C (mg)	1.02 2%	Calcium (mg)	69.99 6%
Tot. Dietary Fiber (g)	7.5000	Cholesterol (mg)	15.7400				
Ash (g)	1.9600	Water (g)	79.3300				

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

### 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**

# Beef & Bean & Textured Vegetable Protein Burritos



Individually Wrapped

Los Cabos Mexican Foods

DOP: 194-12-15

**KEEP FROZEN**

CN	Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat/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 07-12.)	CN
CN		CN

96 CT - 5.20 OZ.  
W103 PF101

Lot # **45554**

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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

**93540**

Contains WHEAT & SOY

**NET WT. 31 LBS. 3.20 OZ.**

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

Stock Code  
**93540**

Lot #  
**45554**



10006574144222

CN-MEAT-WG  
CN-MEAT-WG



10006574144222

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/17/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 93540

Product Name: Beef & Bean & Textured Vegetable Protein 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, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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,  
President

9/17/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF, BEAN, RED CHILI AND TEXTURED VEGETABLE PROTEIN  
BURRITO with Whole Wheat Flour Tortilla

Stock Code: 64541

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.7818 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.541 oz.

\*Weight of Hydrated TVP: 0.4056 oz.

Weight of Other Ingredients: 1.2216 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

9/24/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/24/2012

# Nutritional Analysis

**Code #:** 64541 **Bulk Pack**  
**Description:** Beef, Bean, Red Chili and Textured Vegetable Protein Burritos

**Net Wt. (oz.)** 5.200 **Case Pack:** 48  
**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, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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**

**Whole Grain Servings:** 1.00

**National School Lunch Requirements** CN # 081006 CN Date 07-12

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

Serving Size 5.200 oz. ( 147.42 g )		% Calories from Fat	26.04%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package: <u>1</u>		% Calories from Sat Fat	7.12%				
		<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories (Kcal)	280.6800	Total Fat (g)	8.1200	Vitamin A (RE)	2.80 6%	Iron (mg)	3.60 20%
Calories from Fat	73.0800	Saturated Fat (g)	2.2200	Vitamin A (IU)	277.55	Sodium (mg)	404.01
Protein (g)	15.7800	Trans Fat (g)*	0.2900	Vitamin C (mg)	1.43 2%	Calcium (mg)	70.98 8%
Carbohydrates (g)	39.1200	Cholesterol (mg)	15.7400				
Tot. Dietary Fiber (g)	7.7000	Water (g)	78.6800				
Ash (g)	1.9200						

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

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



Bulk Pack

Los Cabos Mexican Foods

DOP: 174-12-13

**KEEP FROZEN**

CN

Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat/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 07-12.)

CN

CN

48 CT - 5.20 OZ.  
W108A

Lot # **70872**

Stock Code  
**64541**

Lot #  
**70872**



10006574645415

CN-MEAT-WG  
CN-MEAT-WG



10006574645415

Stock Code

**64541**

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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.

Contains WHEAT & SOY

**NET WT. 15 LBS. 9.60 OZ.**

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

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/24/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64541

Product Name: Beef, Bean, Red Chili and Textured Vegetable Protein 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, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.

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,  
President

9/24/2012

Date

dan@mcifoods.com

email



## SPECIFICATION SHEET

PRODUCT NAME: REDUCED FAT MONTEREY JACK CHEESE ENCHILADA  
In a Whole Grain Corn Tortilla

PRODUCT CODE: 64149

TOTAL WEIGHT: 1.475 oz.

WEIGHT OF REDUCED FAT MONTEREY JACK CHEESE: 0.75 oz.

WEIGHT OF OTHER INGREDIENTS: 0.00 oz.

TOTAL WEIGHT OF FILLING: 0.75 oz.

TOTAL WEIGHT OF WHOLE FRAIN RICH YELLOW CORN TORTILLA: 0.725 oz.

**THE ABOVE PRODUCT READY FOR SERVING CONTAINS 0.75 OZ. OF MEAT ALTERNATE AND 0.50 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.**

*Don Southard*

SIGNED FOR M.C.I. FOODS, INC.

President  
TITLE

08/31/2012  
DATE



Revision Date: 8/31/2012

## Nutritional Analysis

**Code #:** 64149 **Bulk Pack**  
**Related Code #'s**  
**Description:** Reduced Fat Monterey Jack Cheese Enchiladas

**Net Wt. (oz.)** 1.475 **Case Pack:** 144  
**Servings Per Package:** 1  
**Serving Size** 1.475 oz. ( 41.82 g )  
**Weight of Filling (oz.) :** 0.75  
**Weight of Tortilla/Bread (oz.)** 0.725

in a Whole Grain Corn Tortilla

### Ingredient Statement

Ingredients: Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Allergen Statement Contains MILK

Whole Grain Servings: 0.25

**National School Lunch Requirements** CN # 083653 CN Date 05-12

Each 1.475 oz. Portion (cooked) will provide 0.75 oz. Meat/Meat Alternate and 0.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

### Nutritional Information

Serving Size 1.475 oz. ( 41.82 g )  
Servings Per Package: 1  
Calories (Kcal) 111.4700  
Calories from Fat 50.1300  
Protein (g) 5.2400  
Carbohydrates (g) 10.1900  
Tot. Dietary Fiber (g) 0.7200  
Ash (g) 0.0000

% Calories from Fat 44.97%  
% Calories from Sat Fat 24.95%

Basis of Analysis: as Cooked.

		<b>Fats</b>		<b>Vitamins</b>		<b>Minerals</b>	
				<b>%DV</b>	<b>%DV</b>	<b>%DV</b>	<b>%DV</b>
Total Fat (g)	5.5700	Saturated Fat (g)	3.0900	Vitamin A (RE)	4%	Iron (mg)	0.73 4%
Trans Fat (g)*	0.0000	Cholesterol (mg)	19.7700	Vitamin A (IU)	176.05	Sodium (mg)	129.27
Water (g)				Vitamin C (mg)	0.00 0%	Calcium (mg)	150.15 15%

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

\*-Trans Fats naturally occurring

### Heating Instructions

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

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  
**64149**

Lot #

**45888**

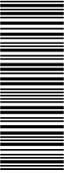
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CN-ENCH-NON FED WG

CN-ENCH-NON FED WG



10006574641493



Bulk Pack

Los Cabos Mexican Foods

DOP: 243-12-N3

**KEEP FROZEN**

Ingredients: Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes).

# Reduced Fat Monterey Jack Cheese Enchiladas

in a Whole Grain Corn Tortilla

CN	Each 1.475 oz. Enchilada provides 0.75 oz. equivalent meat alternate and 0.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)	CN
CN		CN

144 CT - 1.475 OZ.

W902

Lot #

**45888**

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

Stock Code

**64149**

Contains MILK

**NET WT. 13 LBS. 4.40 OZ.**

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

Copy not for documentation Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 8/31/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64149

Product Name: Reduced Fat Monterey Jack Cheese Enchiladas  
in a Whole Grain Corn Tortilla

Serving Size 1.475 oz. ( 41.82 g ) Weight of Filling (oz.) : 0.750 Weight of Tortilla/Bread (oz.) 0.725

### 1) Product Ingredient Statement:

Ingredients: Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

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

3) Serving size in grams for Whole grain bread component: 20.553 (g) or 0.50 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: 6.079 g Whole Grain Corn Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 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 0.25 Whole Grain servings (based on 16 g per serving) and provides 0.50 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 Memc SP-30-2012

Dan Southard,  
President

8/31/2012

Date

dan@mcifoods.com

email



## SPECIFICATION SHEET

PRODUCT NAME: REDUCED FAT CHEDDAR CHEESE ENCHILADA  
In a Whole Grain Corn Tortilla

PRODUCT CODE: 64143

TOTAL WEIGHT: 2.00 oz.

WEIGHT OF REDUCED FAT CHEDDAR CHEESE: 1.00 oz.

WEIGHT OF OTHER INGREDIENTS: 0.00 oz.

TOTAL WEIGHT OF FILLING: 1.00 oz.

TOTAL WEIGHT OF WHOLE GRAIN RICH YELLOW CORN TORTILLA: 1.00 oz.

**THE ABOVE PRODUCT READY FOR SERVING CONTAINS 1.00 OZ. OF MEAT ALTERNATE AND 1.00 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.**

*Don Southard*

SIGNED FOR M.C.I. FOODS, INC.

President  
TITLE

09/25/2012  
DATE



Revision Date: 9/25/2012

# Nutritional Analysis

**Code #:** 64143      **Bulk Pack**      **Net Wt. (oz.)** 2.000 **Case Pack:** 144  
**Description:** **Reduced Fat Cheddar Cheese Enchiladas**      **Servings Per Package:** 1  
**In a Whole Grain Corn Tortilla**      **Serving Size** 2.000 oz. ( 56.70 g )  
**Tortilla Type:** Whole Grain Corn      **Weight of Filling (oz.) :** 1  
**Weight of Tortilla/Bread (oz.)** 1

## Ingredient Statement

Ingredients: Filling: Reduced Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Allergen Statement Contains MILK

Whole Grain Servings: 0.50

## National School Lunch Requirements CN # 083738 CN Date 05-12

Each 2.000 oz. Portion (cooked) will provide 1.00 oz. Meat/Meat Alternate and 1.00 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

Serving Size 2.000 oz. ( 56.70 g )		% Calories from Fat	45.00%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package: <u>1</u>		% Calories from Sat Fat	24.00%				
Calories (Kcal)	150.0000	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	67.5000	Total Fat (g)	7.5000	Vitamin A (RE)	4%	Iron (mg)	0.90 4%
Protein (g)	7.0000	Saturated Fat (g)	4.0000	Vitamin A (IU)	200.00	Sodium (mg)	175.00
Carbohydrates (g)	13.0000	Trans Fat (g)*	0.0000	Vitamin C (mg)	0%	Calcium (mg)	190.00 20%
Tot. Dietary Fiber (g)	1.0000	Cholesterol (mg)	27.0000				
Ash (g)	0.0000	Water (g)	0.0000				

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

## Heating Instructions

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

**For Additional Information Contact**

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

# Reduced Fat Cheddar Cheese Enchiladas

In a Whole Grain Corn Tortilla

144 CT - 2.00 OZ.



Bulk Pack

Los Cabos Mexican Foods

DOP: 270-12-14

**KEEP FROZEN**

Ingredients: Filling: Reduced Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes).

CN	Each 2.00 oz. Enchilada provides 1.00 oz. equivalent meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)	CN
		088738
CN		CN

Lot #

**46213**

Stock Code  
**64143**

Lot #

**46213**

1000657464143



10006574641431

CN-ENCH-NON FED WG

CN-ENCH-NON FED WG



10006574641431

Stock Code

**64143**

Contains MILK

NET WT. 18 LBS. 0.00 OZ.

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

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

Copy not for documentation Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/25/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64143

Product Name: **Reduced Fat Cheddar Cheese Enchiladas**  
In a Whole Grain Corn Tortilla

Serving Size 2.000 oz. ( 56.70 g ) Weight of Filling (oz.) : 1.000 Weight of Tortilla/Bread (oz.) 1.000

### 1) Product Ingredient Statement:

Ingredients: Filling: Reduced Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

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

3) Serving size in grams for Whole grain bread component: 28.35 (g) or 1.00 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: 8.385 g Whole Grain Corn Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 8.385 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 8.385 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 0.5 Whole Grain servings (based on 16 g per serving) and provides 1.00 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,  
President

9/25/2012

Date

dan@mcifoods.com

email



## SPECIFICATION SHEET

PRODUCT NAME: REDUCED FAT MONTEREY JACK CHEESE ENCHILADA  
In a Whole Grain Corn Tortilla

PRODUCT CODE: 64142

TOTAL WEIGHT: 2.00 oz.

WEIGHT OF REDUCED FAT MONTEREY JACK CHEESE: 1.00 oz.

WEIGHT OF OTHER INGREDIENTS: 0.00 oz.

TOTAL WEIGHT OF FILLING: 1.00 oz.

TOTAL WEIGHT OF WHOLE FRAIN RICH YELLOW CORN TORTILLA: 1.00 oz.

**THE ABOVE PRODUCT READY FOR SERVING CONTAINS 1.00 OZ. OF MEAT ALTERNATE AND 1.00 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.**

*Don Southard*

SIGNED FOR M.C.I. FOODS, INC.

President  
TITLE

09/25/2012  
DATE



Revision Date: 9/25/2012

# Nutritional Analysis

**Code #:** 64142 **Bulk**  
**Description:** **Reduced Fat Monterey Jack Cheese Enchiladas**  
 in a Whole Grain Corn Tortilla  
**Tortilla Type:** Whole Grain Corn

**Net Wt. (oz.)** 2.000 **Case Pack:** 144  
**Servings Per Package:** 1  
**Serving Size** 2.000 oz. ( 56.70 g )  
**Weight of Filling (oz.) :** 1  
**Weight of Tortilla/Bread (oz.)** 1

## Ingredient Statement

Ingredients: Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Allergen Statement Contains MILK

Whole Grain Servings: 0.50

## National School Lunch Requirements CN # 083740 CN Date 05-12

Each 2.000 oz. Portion (cooked) will provide 1.00 oz. Meat/Meat Alternate and 1.00 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

Serving Size 2.000 oz. ( 56.70 g )  
 Servings Per Package: 1  
 Calories (Kcal) 150.6300  
 Calories from Fat 66.9600  
 Protein (g) 7.0200  
 Carbohydrates (g) 14.0200  
 Tot. Dietary Fiber (g) 1.0000  
 Ash (g) 0.0000

**Fats**  
 Total Fat (g) 7.4400  
 Saturated Fat (g) 4.1100  
 Trans Fat (g)\* 0.0000  
 Cholesterol (mg) 26.3700  
 Water (g)

**Vitamins**  
 Vitamin A (RE) 4%  
 Vitamin A (IU) 234.73  
 Vitamin C (mg) 0.00 0%

**Minerals**  
 Iron (mg) 1.00 6%  
 Sodium (mg) 172.37  
 Calcium (mg) 200.87 20%

Basis of Analysis: as Cooked.

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

## Heating Instructions

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

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  
**64142**

Lot #

**46213**

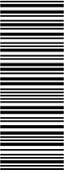
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CN-ENCH-NON FED WG

CN-ENCH-NON FED WG



10006574641424



Bulk Pack

Los Cabos Mexican Foods

DOP: 270-12-14

**KEEP FROZEN**

Ingredients: Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes).

# Reduced Fat Monterey Jack Cheese Enchiladas

in a Whole Grain Corn Tortilla

CN	Each 2.00 oz. Enchilada provides 1.00 oz. equivalent meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)	CN
	088740	
CN		CN

144 CT - 2.00 OZ.

W902

Lot #

**46213**

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

Stock Code

**64142**

Contains MILK

**NET WT. 18 LBS. 0.00 OZ.**

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

Copy not for documentation Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/25/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64142

Product Name: Reduced Fat Monterey Jack Cheese Enchiladas  
in a Whole Grain Corn Tortilla

Serving Size 2.000 oz. ( 56.70 g ) Weight of Filling (oz.) : 1.000 Weight of Tortilla/Bread (oz.) 1.000

### 1) Product Ingredient Statement:

Ingredients: Filling: Reduced Fat Monterey Jack Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

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

3) Serving size in grams for Whole grain bread component: 28.35 (g) or 1.00 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: 8.385 g Whole Grain Corn Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 8.385 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 8.385 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 0.5 Whole Grain servings (based on 16 g per serving) and provides 1.00 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 Memc SP-30-2012

Dan Southard,  
President

9/25/2012

Date

dan@mcifoods.com

email



## SPECIFICATION SHEET

PRODUCT NAME: REDUCED FAT CHEDDAR CHEESE ENCHILADA  
In a Whole Grain Corn Tortilla

PRODUCT CODE: 64141

TOTAL WEIGHT: 1.475 oz.

WEIGHT OF REDUCED FAT CHEDDAR CHEESE: 0.75 oz.

WEIGHT OF OTHER INGREDIENTS: 0.00 oz.

TOTAL WEIGHT OF FILLING: 0.75 oz.

TOTAL WEIGHT OF WHOLE GRAIN RICH YELLOW CORN TORTILLA: 0.725 oz.

**THE ABOVE PRODUCT READY FOR SERVING CONTAINS 0.75 OZ. OF MEAT ALTERNATE AND 0.50 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.**

*Don Southard*

SIGNED FOR M.C.I. FOODS, INC.

President  
TITLE

09/25/2012  
DATE



# Reduced Fat Cheddar Cheese Enchiladas

In a Whole Grain Corn Tortilla

144 CT - 1.475 OZ.



Bulk Pack

Los Cabos Mexican Foods

DOP: 270-12-14

**KEEP FROZEN**

Ingredients: Filling: Reduced Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes).

CN	Each 1.475 oz. Enchilada provides 0.75 oz. equivalent meat alternate and 0.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)	CN
CN		CN

Lot #

**46213**

Stock Code  
**64141**

Lot #

**46213**

1000657464141



10006574641417

CN-ENCH-NON FED WG

CN-ENCH-NON FED WG



10006574641417

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

Stock Code

**64141**

Contains MILK

NET WT. 13 LBS. 4.40 OZ.

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

Copy not for documentation Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/25/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64141

Product Name: **Reduced Fat Cheddar Cheese Enchiladas**  
In a Whole Grain Corn Tortilla

Serving Size 1.475 oz. ( 41.82 g ) Weight of Filling (oz.) : 0.750 Weight of Tortilla/Bread (oz.) 0.725

### 1) Product Ingredient Statement:

Ingredients: Filling: Reduced Fat Cheddar Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Cheese Color, Enzymes).

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

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

3) Serving size in grams for Whole grain bread component: 20.553 (g) or 0.50 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: 6.079 g Whole Grain Corn Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 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 0.25 Whole Grain servings (based on 16 g per serving) and provides 0.50 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,  
President

9/25/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF & BEAN AND TEXTURED VEGETABLE PROTEIN BURRITO with Whole Wheat Flour Tortilla

Stock Code: 64042

Total Weight: 3.95 oz.

Weight of Ground Beef: 0.5963 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.413 oz.

\*Weight of Hydrated TVP: 0.3094 oz.

Weight of Other Ingredients: 0.9313 oz.

Total Weight of Filling: 2.25 oz.

Total Weight of Whole Wheat Flour Tortilla: 1.70 oz.

Meat Alternate from Tortilla: 0.37 oz.

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

The above product ready for serving contains 1.50 oz. of cooked meat alternate and 1.50 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

9/17/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/17/2012

## Nutritional Analysis

**Code #:** 64042      **Individually Wrapped Net Wt. (oz.)** 3.950 **Case Pack:** 120  
**Description:** **Beef & Bean and Textured Vegetable Protein Burritos**      **Servings Per Package:** 1  
**Serving Size** 3.950 oz. ( 111.98 g )  
**Weight of Filling (oz.) :** 2.25  
**Tortilla Type:** Whole Wheat Flour      **Weight of Tortilla/Bread (oz.)** 1.7

### Ingredient Statement

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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**

**Whole Grain Servings:** 0.75

### National School Lunch Requirements CN # 083885      CN Date 07-12

Each 3.950 oz. Portion (cooked) will provide 1.50 oz. Meat/Meat Alternate and 1.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

### Nutritional Information

Serving Size	3.950 oz. ( 111.98 g )	% Calories from Fat	26.04%	<b>Basis of Analysis: as Cooked.</b>			
		% Calories from Sat Fat	7.23%				
Servings Per Package:	<b>1</b>	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories (Kcal)	211.5400	Total Fat (g)	6.1200	Vitamin A (RE)	24.13 4%	Iron (mg)	2.72 15%
Calories from Fat	55.0800	Saturated Fat (g)	1.7000	Vitamin A (IU)	244.08	Sodium (mg)	306.88
Protein (g)	11.9400	Trans Fat (g)*	0.2200	Vitamin C (mg)	0.78 2%	Calcium (mg)	53.15 6%
Carbohydrates (g)	29.4100	Cholesterol (mg)	12.0000				
Tot. Dietary Fiber (g)	5.6900	Water (g)	60.3200				
Ash (g)	1.4900						

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

### 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**

# Beef & Bean and Textured Vegetable Protein Burritos



Los Cabos Mexican Foods

Individually Wrapped

120 CT - 3.95 OZ.

W103 PF057

Stock Code  
**64042**  
Lot #  
**70872**



10006574640427

CN-MEAT-WG  
CN-MEAT-WG



10006574640427

DOP: 174-12-13

**KEEP FROZEN**

CN

Each 3.95 oz. Burrito provides 1.50 oz. equivalent meat/meat alternate and 1.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07-12.)

CN

CN

Lot #

**70872**

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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

**64042**

Contains WHEAT & SOY

**NET WT. 29 LBS. 10.00 OZ.**

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

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/17/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64042

Product Name: Beef & Bean and Textured Vegetable Protein Burritos

Serving Size 3.950 oz. ( 111.98 g ) Weight of Filling (oz.) : 2.250 Weight of Tortilla/Bread (oz.) 1.700

### 1) Product Ingredient Statement:

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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: 48.195 (g) or 1.50 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: 13.76 g Whole Wheat Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 13.76 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 13.76 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 0.75 Whole Grain servings (based on 16 g per serving) and provides 1.50 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,  
President

9/17/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF & BEAN AND TEXTURED VEGETABLE PROTEIN BURRITO with Whole Wheat Flour Tortilla

Stock Code: 64040

Total Weight: 3.95 oz.

Weight of Ground Beef: 0.5963 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.413 oz.

\*Weight of Hydrated TVP: 0.3094 oz.

Weight of Other Ingredients: 0.9313 oz.

Total Weight of Filling: 2.25 oz.

Total Weight of Whole Wheat Flour Tortilla: 1.70 oz.

Meat Alternate from Tortilla: 0.37 oz.

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

The above product ready for serving contains 1.50 oz. of cooked meat alternate and 1.50 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

9/20/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/20/2012

# Nutritional Analysis

**Code #:** 64040 **Bulk Pack**  
**Description:** Beef & Bean and Textured Vegetable Protein Burritos

**Net Wt. (oz.)** 3.950 **Case Pack:** 72  
**Servings Per Package:** 1  
**Serving Size** 3.950 oz. ( 111.98 g )  
**Weight of Filling (oz.) :** 2.25  
**Weight of Tortilla/Bread (oz.)** 1.7

**Tortilla Type:** Whole Wheat Flour

## Ingredient Statement

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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**

**Whole Grain Servings:** 0.75

**National School Lunch Requirements** CN # 083885 CN Date 07-12

Each 3.950 oz. Portion (cooked) will provide 1.50 oz. Meat/Meat Alternate and 1.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

Serving Size 3.950 oz. ( 111.98 g )		% Calories from Fat	26.04%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package: <u>1</u>		% Calories from Sat Fat	7.23%				
<b>Calories (Kcal)</b> 211.5400		<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	55.0800	Total Fat (g)	6.1200	Vitamin A (RE)	24.13 4%	Iron (mg)	2.72 15%
Protein (g)	11.9400	Saturated Fat (g)	1.7000	Vitamin A (IU)	244.08	Sodium (mg)	306.88
Carbohydrates (g)	29.4100	Trans Fat (g)*	0.2200	Vitamin C (mg)	0.78 2%	Calcium (mg)	53.15 6%
Tot. Dietary Fiber (g)	5.6900	Cholesterol (mg)	12.0000				
Ash (g)	1.4900	Water (g)	60.3200				

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

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

Beef & Bean and Textured Vegetable Protein Burritos



Bulk Pack  
Los Cabos Mexican Foods

DOP: 174-12-13

**KEEP FROZEN**

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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

**64040**

Contains WHEAT & SOY  
**NET WT. 17 LBS. 12.40 OZ.**  
M.C.I. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

72 CT - 3.95 OZ.  
W103

Lot # **70872**

Stock Code  
**64040**  
Lot #  
**70872**



CN-MEAT-WG  
CN-MEAT-WG  
10006574640403



10006574640403

Copy not for document Federal Meal Requirements

CN Each 3.95 oz. Burrito provides 1.50 oz. equivalent meat/meat alternate and 083886 1.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 07-12.) CN

oz. equivalent grains  
product



Revision Date: 9/20/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 64040

Product Name: Beef & Bean and Textured Vegetable Protein Burritos

Serving Size 3.950 oz. ( 111.98 g ) Weight of Filling (oz.) : 2.250 Weight of Tortilla/Bread (oz.) 1.700

### 1) Product Ingredient Statement:

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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: 48.195 (g) or 1.50 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: 13.76 g Whole Wheat Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 13.76 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 13.76 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 0.75 Whole Grain servings (based on 16 g per serving) and provides 1.50 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,  
President

9/20/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF & BEAN AND TEXTURED VEGETABLE PROTEIN BURRITOS with Whole Wheat Flour Tortilla

Stock Code: 63540

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.7818 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.541 oz.

\*Weight of Hydrated TVP: 0.4056 oz.

Weight of Other Ingredients: 1.2216 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

9/21 /2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/21/2012

# Nutritional Analysis

**Code #:** 63540      **Bulk Pack**      **Net Wt. (oz.)** 5.200 **Case Pack:** 48  
**Description:** **Beef & Bean and Textured Vegetable Protein Burritos**      **Servings Per Package:** 1  
**Tortilla Type:** Whole Wheat Flour      **Serving Size** 5.200 oz. ( 147.42 g )  
**Weight of Filling (oz.) :** 2.95  
**Weight of Tortilla/Bread (oz.)** 2.25

## Ingredient Statement

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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

Whole Grain Servings: 1.00

## National School Lunch Requirements CN # 083640 CN Date 07-12

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

Serving Size 5.200 oz. ( 147.42 g )		% Calories from Fat	26.02%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package: <b>1</b>		% Calories from Sat Fat	7.20%				
Calories (Kcal)	278.7600	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	72.5400	Total Fat (g)	8.0600	Vitamin A (RE)	31.63 6%	Iron (mg)	3.59 20%
Protein (g)	15.7100	Saturated Fat (g)	2.2300	Vitamin A (IU)	320.02	Sodium (mg)	402.91
Carbohydrates (g)	38.8000	Trans Fat (g)*	0.2900	Vitamin C (mg)	1.02 2%	Calcium (mg)	69.99 6%
Tot. Dietary Fiber (g)	7.5000	Cholesterol (mg)	15.7400				
Ash (g)	1.9600	Water (g)	79.3300				

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

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

Beef & Bean and Textured Vegetable Protein Burritos



Los Cabos Mexican Foods

Bulk Pack

DOP: 174-12-13

KEEP FROZEN

CN Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat/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 07-12.) CN

48 CT - 5.20 OZ. W103

Lot # 70872

Ingredients: Filling: Water, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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

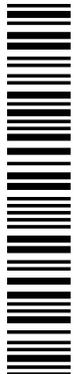
63540

Contains WHEAT, SOY

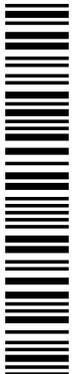
NET WT. 15 LBS. 9.60 OZ.

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

Stock Code 63540 Lot # 70872



CN-MEAT-WG 10006574635409 CN-MEAT-WG



10006574635409

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/21/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 63540

Product Name: Beef & Bean and Textured Vegetable Protein 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, Ground Beef (Not more than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), and Salt.

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,  
President

9/21/2012

Date

dan@mcifoods.com

email



## SPECIFICATION SHEET

PRODUCT NAME: BEEF ENCHILADA in a Whole Grain Corn Tortilla

PRODUCT CODE: 61853

TOTAL WEIGHT: 1.725 oz.

WEIGHT OF RAW GROUND BEEF 0.54 oz.

PERCENT FAT OF GROUND BEEF 20%

\*WEIGHT OF HYDRATED TEXTURED VEGETABLE PROTEIN: 0.1061 oz.

WEIGHT OF OTHER INGREDIENTS: 0.3539 oz.

TOTAL WEIGHT OF FILLING: 1.00 oz.

TOTAL WEIGHT OF WHOLE GRAIN RICH YELLOW CORN TORTILLA: 0.725 oz.

\*CHS LEGACY FOODS, INC. C (SF) PROTEIN CONTENT 50%

**THE ABOVE PRODUCT READY FOR SERVING CONTAINS 0.50 OZ. OF COOKED LEAN MEAT/MEAT ALTERNATE AND 0.50 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.**

SIGNED FOR M.C.I. FOODS, INC.

President  
TITLE

09/25/2012  
DATE



Revision Date: 9/25/2012

# Nutritional Analysis

Code #: 61853

Bulk Pack

Net Wt. (oz.) 1.725 Case Pack: 144

Description:

Beef Enchiladas

Servings Per Package: 1

Serving Size 1.725 oz. ( 48.90 g )

Weight of Filling (oz.) : 1

Tortilla Type: Whole Grain Corn

Weight of Tortilla/Bread (oz.) 0.725

## Ingredient Statement

Filling: Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (may contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, Calcium Chloride), Minced Onion, Salt, Flavorings, Modified Food Starch (Refined From Corn), Hydrolyzed Soy Protein.

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour enriched with (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Allergen Statement Contains: SOY

Whole Grain Servings: 0.25

## National School Lunch Requirements

CN # 083742

CN Date 05-12

Each 1.725 oz. Portion (cooked) will provide 0.50 oz. Meat/Meat Alternate and 0.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

% Calories from Fat 35.37%

Basis of Analysis: as Cooked.

Serving Size 1.725 oz. ( 48.90 g )

% Calories from Sat Fat 12.06%

Servings Per Package: 1

Calories (Kcal) 88.0300

Calories from Fat 31.1400

Protein (g) 3.9600

Carbohydrates (g) 10.3000

Tot. Dietary Fiber (g) 0.9600

Ash (g) 0.5000

### Fats

Total Fat (g) 3.4600

Saturated Fat (g) 1.1800

Trans Fat (g)\* 0.1890

Cholesterol (mg) 10.8700

Water (g) 20.2300

### Vitamins

Vitamin A (RE) 0.73 0%

Vitamin A (IU) 40.02

Vitamin C (mg) 0.34 0%

### %DV

### Minerals

Iron (mg) 1.11 6%

Sodium (mg) 124.24

Calcium (mg) 21.80 2%

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

\*-Trans Fats naturally occurring

## Heating Instructions

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

For Additional Information Contact

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



Bulk Pack

Los Cabos Mexican Foods

DOP: 238-12-14

**KEEP FROZEN**

Filling: Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (may contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, Calcium Chloride), Minced Onion, Salt, Flavorings, Modified Food Starch (Refined From Corn), Hydrolyzed Soy Protein.

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour enriched with (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. Prepare enchiladas from a frozen state. Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should be mid-point of enchilada end. Place in oven and heat until sauce is hot (approximately 12-15 min). Remove from oven. Top with shredded cheese, foil and place in steam table for lunch service.

Stock Code

**61853**

Contains SOY

**NET WT. 15 LBS. 8.40 OZ.**

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

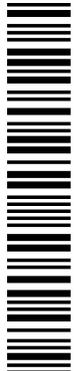
Beef Enchiladas

144 CT - 1.725 OZ.

W174

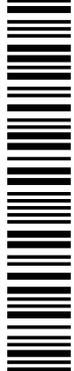
**46103**

Stock Code  
**61853**  
Lot #  
**46103**



10006574618532

CN-ENCH-MEAT-WG  
CN-ENCH-MEAT-WG



10006574618532

CN  
Each 1.725 oz. Enchilada provides 0.50 oz. equivalent meat/meat alternate and 0.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)  
CN

Lot #

Copy not for documenting Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/25/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 61853

Product Name: Beef Enchiladas

Serving Size 1.725 oz. ( 48.90 g ) Weight of Filling (oz.) : 1.000 Weight of Tortilla/Bread (oz.) 0.725

### 1) Product Ingredient Statement:

Filling: Ground Beef (Not more than 20% Fat), Water, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (may contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, Calcium Chloride), Minced Onion, Salt, Flavorings, Modified Food Starch (Refined From Corn), Hydrolyzed Soy Protein.

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative) , guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour enriched with (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

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

3) Serving size in grams for Whole grain bread component: 20.553 (g) or 0.50 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: 6.079 g Whole Grain Corn Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 6.079 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 0.25 Whole Grain servings (based on 16 g per serving) and provides 0.50 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,  
President

9/25/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: BEEF & CHEESE& TEXTURED VEGETABLE PROTEIN TACO SNACK  
with Yellow Whole Wheat Flour Tortilla

Stock Code: 38767/CM

Total Weight: 3.95 oz.

Weight of Ground Beef: 0.7198 oz.

Percent of Fat in Ground Beef: 20 %

Weight of Cheddar Cheese: 0.459 oz.

\*Weight of Hydrated TVP: 0.3025 oz.

Weight of Other Ingredients: 0.7187 oz.

Total Weight of Filling: 2.20 oz.

Total Weight of Yellow Whole Wheat Flour Tortilla: 1.75 oz.

Meat Alternate from Tortilla: 0.38 oz.

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

The above product ready for serving contains 1.50 oz. of cooked meat alternate and 1.50 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

11/27/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 11/27/2012

# Nutritional Analysis

**Code #:** 38767/CM      **Individually Wrapped**      **Net Wt. (oz.)** 3.950      **Case Pack:** 120  
**Description:** **Beef & Cheese & Textured Vegetable Protein Taco Snack (Provisional)**      **Servings Per Package:** 1  
**Serving Size** 3.950 oz. ( 111.98 g )  
**Weight of Filling (oz.) :** 2.2  
**Tortilla Type:** Whole Wheat -Yellow Color      **Weight of Tortilla/Bread (oz.)** 1.75

## Ingredient Statement

INGREDIENTS: Filling: Ground Beef (Not more than 20% fat), Water, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Annatto if Colored, Enzymes), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), Modified Food Starch (refined from corn), Taco Seasoning (Spices (Including Paprika, Cumin and Oregano), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Chili Pepper, Minced Onion and Salt

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), Annatto & Turmeric.

Allergen Statement Contains WHEAT, SOY , MILK

Whole Grain Servings: 0.75

## National School Lunch Requirements CN # 085816 CN Date 12-12

Each 3.950 oz. Portion (cooked) will provide 1.50 oz. Meat/Meat Alternate and 1.50 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

## Nutritional Information

Serving Size 3.950 oz. ( 111.98 g )		% Calories from Fat	40.74%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package: <u>1</u>		% Calories from Sat Fat	17.62%				
Calories (Kcal)	242.1500	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	98.6400	Total Fat (g)	10.9600	Vitamin A (RE)	2.09 8%	Iron (mg)	2.37 15%
Protein (g)	13.4300	Saturated Fat (g)	4.7400	Vitamin A (IU)	372.52	Sodium (mg)	323.38
Carbohydrates (g)	24.2700	Trans Fat (g)*	0.2600	Vitamin C (mg)	1.06 2%	Calcium (mg)	137.46 15%
Tot. Dietary Fiber (g)	3.9500	Cholesterol (mg)	28.2900				
Ash (g)	1.1700	Water (g)	58.3600				

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

## 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



# Beef & Cheese & Textured Vegetable Protein Taco Snack (Provisional)

Individually Wrapped

Los Cabos Mexican Foods

DOP: 283-12-13

## KEEP FROZEN

INGREDIENTS: Filling: Ground Beef (Not more than 20% fat), Water, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Annatto if Colored, Enzymes), Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), Modified Food Starch (refined from corn), Taco Seasoning (Spices (Including Paprika, Cumin and Oregano), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour ( Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Chili Pepper, Minced Onion and Salt

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 Monoglycerine, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) , Annatto & Turmeric.

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

# 38767/CM

Contains WHEAT, SOY, MILK

## NET WT. 29 LBS. 10.00 OZ.

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

120 CT - 3.95 OZ.

W125-CM PF101

# Lot # 45875

CN Each 3.95 oz. Taco Snack provides 1.50 oz. equivalent meat/meat alternate and 1.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA-12-12.) CN

Stock Code  
**38767/CM**  
Lot #  
**45875**  
CN-TS-MEAT-WG  
10006574387674  
CN-TS-MEAT-WG



Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 11/27/2012

## HealthierUS School Challenge Whole Grain Criteria

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

Product Code #: 38767/CM

Product Name: Beef & Cheese & Textured Vegetable Protein Taco Snack (Provisional)

Serving Size 3.950 oz. ( 111.98 g ) Weight of Filling (oz.) : 2.200 Weight of Tortilla/Bread (oz.) 1.750

### 1) Product Ingredient Statement:

INGREDIENTS: Filling: Ground Beef (Not more than 20% fat), Water, Cheddar Cheese (Pasteurized Milk, Salt, Culture, Annatto if Colored, Enzymes), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), Modified Food Starch (refined from corn), Taco Seasoning (Spices (Including Paprika, Cumin and Oregano), Onion, Salt, Garlic, Potato Flour, Enriched Wheat Flour ( Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Chili Pepper, Minced Onion and Salt

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), Annatto & Turmeric.

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

3) Serving size in grams for Whole grain bread component: 49.612 (g) or 1.50 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: 14.16 g Whole Wheat Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 14.16 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 14.16 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 0.75 Whole Grain servings (based on 16 g per serving) and provides 1.50 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 Mem SP-30-2012

Dan Southard,  
President

11/27/2012

Date

dan@mcifoods.com

email



## Specification Sheet

Product Name: Beef & Cheese & Textured Vegetable Protein Soft Taco

Stock Code: 84558

Total Weight: 4.63 oz.

Weight of Cheddar Cheese: 0.501 oz.

Weight of Ground Beef: 1.3672 oz.

Percent Fat of Ground Beef: 20 %

\*Weight of Hydrated TVP: 0.4973 oz.

Weight of Other Ingredients: 0.7645 oz.

Total Weight of Filling: 3.13 oz.

Total Weight of Whole Grain Corn Tortilla: 1.50 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 1.00 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.

Signed for M.C.I. Foods, Inc.

President

**Title**

11/16/2012

**Date**



Revision Date: 11/16/2012

# Nutritional Analysis

**Code #:** 84558      **Individually Wrapped Net Wt. (oz.)** 4.63 **Case Pack:** 80  
**Description:** **Beef & Cheese & Textured Vegetable Protein Soft Taco (Provisional)**      **Servings Per Package:** 1  
**Tortilla Type:** Yellow Corn      **Serving Size** 4.63 oz. ( 131.26 g )  
**Weight of Filling (oz.) :** 3.13  
**Weight of Tortilla/Bread (oz.)** 1.5

## Ingredient Statement

Ingredients: Filling: Ground Beef (Not more than 20% Fat), Water, 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)], Taco Seasoning (Spices [Including Paprika, Cumin and Oregano], Onion, Garlic, Potato Flour, Enriched Wheat Flour, (Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Pea Fiber, Salt, and Flavorings.  
 Whole Grain Yellow Corn Masa Flour (Propionic Acid, Guar Gum, Cellulose Gum, Benzoic Acid, Phosphoric Acid, And Enzymes), Water, Wheat Gluten, Leavening (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Rice Flour, Monocalcium Phosphate), Sugar, Salt, Calcium Propionate, Potassium Sorbate, Guar Gum, Fumaric Acid, L-Cysteine.

**Allergen Statement Contains WHEAT, SOY , MILK**

**Equivalent Whole Grain Servings (16g)**

**National School Lunch Requirements**      CN # 085677      CN Date 11-12

Each 4.63 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 1.00 oz. Equivalent Grains and \_\_\_\_\_ Cups Fruit/Vegetable Servings.

## Nutritional Information

Serving Size	4.63 oz. ( 131.26 g )	% Calories from Fat	44.94%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	19.99%				
Calories (Kcal)	272.3600	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories from Fat	122.4000	Total Fat (g)	13.6000	Vitamin A (RE)	0.00 10%	Iron (mg)	2.63 15%
Protein (g)	19.1300	Saturated Fat (g)	6.0500	Vitamin A (IU)	470.17	Sodium (mg)	475.70
Carbohydrates (g)	20.7500	Trans Fat (g)*	0.4800	Vitamin C (mg)	0.29 0%	Calcium (mg)	194.75 20%
Tot. Dietary Fiber (g)	2.9400	Cholesterol (mg)	42.5900				
Ash (g)	1.2000	Water (g)	55.7300				
Fat Change +/- 0%    Moisture Change +/- 0%    Data Source: USDA Handbook 8				*-Trans Fats naturally occurring			

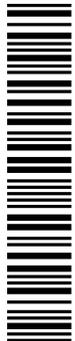
## Heating Instructions

Heating Instructions: 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: Pre-heat Oven to 300 Deg. F. Place Soft Tacos Flat on Cookie Sheet. Bake 25 Min. Frozen, 15 Min. Thawed.

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

# Beef & Cheese & Textured Vegetable Protein Soft Taco (Provisional)

Stock Code  
**84558**  
Lot #  
**46822**



10006574845587  
CP-CN-TACO-MEAT-WG  
CP-CN-TACO-MEAT-WG

1000657484558



Individually Wrapped

DOP: 321-12-12  
**KEEP FROZEN**

Each 4.63 oz. Taco provides 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements (use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-12.)

80 CT - 4.63 OZ.

W215A PF107

Lot # **46822**

Ingredients: Filling: Ground Beef (Not more than 20% Fat), Water, 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)], Taco Seasoning (Spices [Including Paprika, Cumin and Oregano], Onion, Garlic, Potato Flour, Enriched Wheat Flour, ( Flour, Niacin, Iron, Thiamine Mononitrate (B1), and Riboflavin (B2), Folic Acid), Cocoa, Corn Syrup Solids, Citric Acid and Natural Flavor), Pea Fiber, Salt, and Flavorings.

Whole Grain Yellow Corn Masa Flour (Propionic Acid, Guar Gum, Cellulose Gum, Benzoic Acid, Phosphoric Acid, And Enzymes), Water, Wheat Gluten, Leavening (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Rice Flour, Monocalcium Phosphate), Sugar, Salt, Calcium Propionate, Potassium Sorbate, Guar Gum, Fumaric Acid, L-Cysteine.

Heating Instructions: 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: Pre-heat Oven to 300 Deg. F. Place Soft Tacos Flat on Cookie Sheet. Bake 25 Min. Frozen, 15 Min. Thawed.

Stock Code

**84558**

Contains WHEAT, SOY, MILK  
**NET WT. 23 LBS. 2.40 OZ.**

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

Copy not for documenting Federal Meal Requirements