



School Year 2012 - 2013  
 Nutritional Information for Los Cabos Mexican Foods



Product Code Number	Product Description	Case Weight (lbs)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (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/MA Credit	Veg Credit	Bread Svgs Credit
90575YCN/CM	Beef and Bean Burrito YF - Bulk	18.68	5.75	1	48	340.1	69.21	20%	7.69	2.37	0	18.67	496.3	51.12	5.60	1.66	16.44	8	2	6	25	64739	2.00		2.50
17348/CM	Beef Bean Cheese Salsa Burrito - IW	36.68	6.80	1	80	423.7	105.2	29%	13.83	5.39	0	29.13	670.1	56.33	5.40	1.96	17.53	15	20	15	25	51392	2.00		3.00
28577CN/CM	Beef & Cheddar Cheese Taco Snack - Bulk	18.68	5.75	1	48	386.9	105.2	36%	15.4	7.24	0	45.01	530.2	42.34	2.76	1.78	18.85	10	2	20	20	N/A	2.00		2.50
71690/CM	Macho Chili Beef & Cheese - IW	26.58	6.00	1	64	383	148.9	39%	16.55	6.2	0.56	42.64	657.5	45.15	3.13	1.63	18.66	10	4	30	25	68365	2.00		3.00
95575/CM	Beef Bean Green Chili Burrito - IW	37.08	5.75	1	96	357.8	80.55	23%	8.96	2.76	0	22.39	509.7	51.92	6.09	1.49	17.12	10	10	6	25	69870	2.00		2.50
99577/CM	Beef, Bean, Cheese Combo - Whole Grain - IW	36.18	5.75	1	96	353.5	103.3	29%	11.48	3.65	0	31.57	470.7	49.27	6.40	2.56	16.51	10	2	15	25	81013	2.00		2.75

For additional product information visit [http://dese.mo.gov/divadm/food/Nutritional\\_Facts\\_Index.html](http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html)

**ADDRESS TO COMPANY WEBSITE WITH PRODUCT INFO HERE**



## SPECIFICATION SHEET

PRODUCT NAME: BEEF & BEAN BURRITO

PRODUCT CODE 00575CN, 00575CN/CM

TOTAL WEIGHT: 5.75 oz.

WEIGHT OF COOKED GROUND BEEF: .9275 oz.

PERCENT FAT OF RAW GROUND BEEF: 20%

\*WEIGHT OF DRY TVP: .17325 oz.

WEIGHT OF HYDRATED TVP: .4813 oz.

WEIGHT OF DRY PINTO BEANS: .64225 oz.

WEIGHT OF OTHER INGREDIENTS: .1449 oz.

TOTAL WEIGHT OF FILLING: 3.50 oz.

TOTAL WEIGHT OF ENRICHED FLOUR TORTILLA: 2.25 oz.

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

THE ABOVE PRODUCT READY FOR SERVING CONTAINS (2oz.) OF COOKED LEAN MEAT/MEAT ALTERNATE AND (2.50) SERVINGS OF BREAD ALTERNATE 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 Swathair*

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

President  
TITLE

03/11/2010  
DATE



Revision Date: **3/11/2010**

## Nutritional Analysis

Code #: **00575CN/CM**      **Bulk Pack**      **Net Wt. (oz.) 5.75** **Case Pack: 48**  
**Related Code #'s**      **Servings Per Package: 1**  
**Description: Beef, Bean and Textured**      **Serving Size 5.75 oz. ( 163.01 g )**  
**Vegetable Protein Burritos**      **Weight of Filling (oz.) : 3.5**  
**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.

Flour Tortilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

### Allergen Statement    Contains WHEAT, WHEY & SOY

### National School Lunch Requirements

Each 5.75 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.50 Bread Servings and \_\_\_\_\_ Cups Fruit/Vegetable Servings.

<b>Nutritional Information</b>		% Calories from Fat	20.35%	<b>Basis of Analysis: as Cooked.</b>			
Serving Size	5.75 oz. ( 163.01 g )	% Calories from Sat Fat	6.27%				
Servings Per Package:	<b>1</b>	<b>Fats</b>		<b>Vitamins</b>		<b>Minerals</b>	
Calories (Kcal)	340.1370	Total Fat (g)	7.6900	Vitamin A (RE)	39.9510	Iron (mg)	4.5070
Calories from Fat	69.2100	Saturated Fat (g)	2.3700	Vitamin A (IU)	403.8540	Sodium (mg)	496.2900
Protein (g)	16.4430	Trans Fat (g)*	0.0324	Vitamin C (mg)	1.7360	Calcium (mg)	51.903
Carbohydrates (g)	51.1210	Cholesterol (mg)	18.6690				
Tot. Dietary Fiber (g)	5.5990						
Fat Change +/- 0%		Moisture Change +/- 0%		Data Source: USDA Handbook 8		*-Trans Fats naturally occurring	

### Heating Instructions

Cooking Instructions: Convection Oven: Preheat Oven to 300 Deg. F. Frozen: Bake 20 to 25 min. Thawed: 15 to 20 Min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Bake for 25-30 Min. Thawed: Bake for 20 Minutes.

**For Additional Information Contact Dan Southard at 310-635-5664**

**M.C.I. FOODS, INC. 12835 Atlantic Ave. Compton, CA 90221 310-635-5664 or 800-704-4661**



48- 5.75 OZ. Lot #

### Beef, Bean and Textured Vegetable Protein Burritos

Bulk Pack

DOP:

**KEEP FROZEN**

	<b>CN</b>	069873
<b>CN</b>	Each 5.75 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 2.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-07 ).	<b>CN</b>
	<b>CN</b>	

**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.  
 Flour Tortilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

**00575CN/CM**

**NET WT. 17 LBS. 4.00 OZ.**  
M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.





## SPECIFICATION SHEET

PRODUCT NAME: BEAN, BEEF, CHEESE, SALSA BURRITO

PRODUCT CODE: 17344

NET WEIGHT: 6.82 oz.

WEIGHT OF RAW GROUND BEEF: .66256 oz.

WEIGHT OF CHEDDAR CHEESE: .5252 oz.

PERCENT FAT OF COOKED GROUND BEEF: 20%

\*WEIGHT OF DRY PINTO BEANS: .7165 oz.

WEIGHT OF OTHER INGREDIENTS: 2.41304 oz.

TOTAL WEIGHT OF FILLING: 4.32 oz.

TOTAL WEIGHT OF ENRICHED FLOUR TORTILLA: 2.50 oz.

THE ABOVE PRODUCT READY FOR SERVING CONTAINS (2oz.) OF COOKED LEAN MEAT/MEAT ALTERNATE AND (3.00) SERVINGS OF BREAD ALTERNATE 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.

*Alan S. Gallant*

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

President  
TITLE

08/30/2010  
DATE



Revision Date: 8/30/2010

## Nutritional Analysis

Code #: **17344** Individually Wrapped Net Wt. (oz.) **6.82** Case Pack: **80**  
 Related Code #'s **17344/CM, 17346/CM, 17348/CM** Servings Per Package: **1**  
 Description: **Bean, Beef & Cheese & Salsa Burritos** Serving Size **6.82 oz. ( 193.35 g )**  
 Weight of Filling (oz.) : **4.32**  
 Weight of Tortilla/Bread (oz.): **2.5**

### Ingredient Statement

Ingredients: Filling: Refried Beans ( Water, Pinto Beans, Vegetable Oil, Salt, and Lecithin), Ground Beef and Salsa [Ground Beef (Not more than 20% Fat), Cheddar Cheese (Pasteurized Milk, Salt, Culture, Enzymes, May contain Annatto Color), Water, Red Sauce Seasoning (Modified Corn Starch, Salt, Paprika, Spices, Onion & Garlic Powder, Tomato, Dextrose, Sugar, Autolyzed Yeast Extract, Caramel Color, Extractive of Paprika, Guar Gum, Citric Acid, Malic Acid, Xanthan Gum, Ascorbic Acid, Disodium Inosinate & Guanylate, less than 2% Silicon Dioxide to Prevent Caking), Taco Seasoning Mix [Dehydrated Onion, Spices (Including Paprika), Dehydrated Garlic, Salt, Enriched Wheat Flour (Wheat Flour, Enriched (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Citric Acid, Cocoa, Dextrose, Natural Flavor, Autolyzed Yeast, Maltodextrin, and Silicon Dioxide added to Prevent Caking], Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, and Citric Acid), Vinegar, Diced Onion, Cilantro, Modified Food Starch (Refined From Corn)].

Flour Tortilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, and Monocalcium Phosphate), L-Cysteine

### Allergen Statement Contains WHEAT, SOY, & MILK

### National School Lunch Requirements

Each 6.82 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 3.00 Bread Servings and \_\_\_\_\_ Cups Fruit/Vegetable Servings.

### Nutritional Information

Serving Size	6.82 oz. ( 193.35 g )	% Calories from Fat	29.37%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	11.45%				
Calories (Kcal)	423.7160	<b>Fats</b>		<b>Vitamins</b>	<b>Minerals</b>		
Calories from Fat	124.4250	Total Fat (g)	13.8250	Vitamin A (RE)	77.5340	Iron (mg)	4.2590
Protein (g)	17.5290	Saturated Fat (g)	5.3920	Vitamin A (IU)	567.5910	Sodium (mg)	670.1330
Carbohydrates (g)	56.3270	Trans Fat (g)*	0.2320	Vitamin C (mg)	8.9140	Calcium (mg)	151.99
Tot. Dietary Fiber (g)	5.3970	Cholesterol (mg)	29.1290				

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

### Heating Instructions

BURRITO HANDLING PROCEDURES \*STORE FROZEN\* THAW IN THE CASE FOR 48 HOURS UNDER REFRIGERATION: PREHEAT CONVECTION OVEN TO 250°F. LOAD TRAYS WITH A SINGLE LAYER OF 20 THAWED BURRITOS \* DO NOT STACK \* DO NOT UNWRAP. BAKE AT 250°F FOR 25-35 MINUTES \*COOK TIME MAY VARY BY OVEN TYPE OR LOAD. DO NOT BAKE FROM FROZEN \*ALL BURRITOS SHOULD REACH A TEMPERATURE OF 145 - 155°F AT THE CENTER OF THE BURRITO. PRODUCT MAY BE SERVED IMMEDIATELY OR HELD HOT IN A PREHEATED CABINET AT 140°F FOR UP TO 2 HOURS. \*DISCARD PRODUCT AFTER 2 HOUR HOLD \*DO NOT REFREEZE \*DO NOT MICROWAVE



80- 6.82 OZ.  
**Bean, Beef & Cheese &  
Salsa Burritos**

Lot #

DOP:

CN

068365

Each 6.82 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 3.00 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-06 ).

CN

**KEEP FROZEN**

Ingredients: Filling: Refried Beans ( Water, Pinto Beans, Vegetable Oil, Salt, and Lecithin), Ground Beef and Salsa [Ground Beef (Not more than 20% Fat), Cheddar Cheese (Pasteurized Milk, Salt, Culture, Enzymes, May contain Annatto Color), Water, Red Sauce Seasoning (Modified Corn Starch, Salt, Paprika, Spices, Onion & Garlic Powder, Tomato, Dextrose, Sugar, Autolyzed Yeast Extract, Caramel Color, Extractive of Paprika, Guar Gum, Citric Acid, Malic Acid, Xanthan Gum, Ascorbic Acid, Disodium Inosinate & Guanylate, less than 2% Silicon Dioxide to Prevent Caking), Taco Seasoning Mix [Dehydrated Onion, Spices (Including Paprika), Dehydrated Garlic, Salt, Enriched Wheat Flour (Wheat Flour, Enriched (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Citric Acid, Cocoa, Dextrose, Natural Flavor, Autolyzed Yeast, Maltodextrin, and Silicon Dioxide added to Prevent Caking], Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, and Citric Acid), Vinegar, Diced Onion, Cilantro, Modified Food Starch (Refined From Corn)].

Flour Tortilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, and Monocalcium Phosphate), L-Cysteine

**Contains WHEAT, SOY, & MILK**

**17344**

**NET WT. 34 LBS. 1.60 OZ.**  
M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.





## SPECIFICATION SHEET

PRODUCT NAME: BEEF & CHEDDAR CHEESE TACO SNACK

PRODUCT CODE: 28575CN, 28575CN/CM, 28576CN/CM, 28577CN/CM

TOTAL WEIGHT: 5.75 oz.

WEIGHT OF RAW GROUND BEEF: 1.1452 oz.

WEIGHT OF CHEDDAR CHEESE: .7301 oz.

PERCENT FAT OF RAW GROUND BEEF: 20%

\*WEIGHT OF DRY TVP: 0.1733 oz.

WEIGHT OF RAW BEEF AND HYDRATED TVP: 1.79511oz.

WEIGHT OF PINTO BEANS: N/A

WEIGHT OF OTHER INGREDIENTS: 0.8188 oz.

TOTAL WEIGHT OF FILLING: 3.50 oz.

TOTAL WEIGHT OF ENRICHED FLOUR TORTILLA: 2.25 oz.

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

**THE ABOVE PRODUCT READY FOR SERVING CONTAINS (2oz.) OF COOKED MEAT/MEAT ALTERNATE AND (2.50) SERVINGS OF BREAD 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

06/29/2007  
DATE



## SPECIFICATION SHEET

PRODUCT NAME: XTREME BEAN & CHEDDAR CHEESE BURRITO

PRODUCT CODE: 71660

TOTAL WEIGHT: 5.75 oz.

WEIGHT OF CHEDDAR CHEESE: 0.6048

WEIGHT OF DRY PINTO BEANS: 0.875 oz.

WEIGHT OF HYDRATED TVP: 0.2576 oz.

WEIGHT OF OTHER INGREDIENTS: 1.7626 oz.

TOTAL WEIGHT OF FILLING: 3.50 oz.

TOTAL WEIGHT OF ENRICHED FLOUR TORTILLA: 2.25 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 (2.50 oz) SERVINGS OF BREAD ALTERNATE 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

09/01/2010  
DATE



Revision Date: 9/1/2010



## Nutritional Analysis

Code #: 71660

Individually Wrapped Net Wt. (oz.) 5.75 Case Pack: 96

Related Code #'s 71660/CM

Servings Per Package: 1

Description: Xtreme Bean Burrito

Serving Size 5.75 oz. ( 163.01 g )

Weight of Filling (oz.): 3.5

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), 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], Flavorings, Salt, Modified Food Starch (Refined From Corn).

Flour Torilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

Allergen Statement Contains WHEAT, SOY & MILK

### National School Lunch Requirements

Each 5.75 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.50 Bread Servings and  
Cups Fruit/Vegetable Servings.

### Nutritional Information

% Calories from Fat 20.20%

Basis of Analysis: as Cooked.

Serving Size 5.75 oz. ( 163.01 g )

% Calories from Sat Fat 9.24%

Servings Per Package: 1

Calories (Kcal) 354.6170

Calories from Fat 71.6310

Protein (g) 16.3120

Carbohydrates (g) 53.6270

Tot. Dietary Fiber (g) 6.1310

#### Fats

Total Fat (g) 7.9590

Saturated Fat (g) 3.6400

Trans Fat (g)\* 0.0000

Cholesterol (mg) 18.1860

#### Vitamins

Vitamin A (RE) 0.0000

Vitamin A (IU) 350.2780

Vitamin C (mg) 1.8460

#### Minerals

Iron (mg) 4.1920

Sodium (mg) 586.6410

Calcium (mg) 172.04

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

\*-Trans Fats naturally occurring

### Heating Instructions

Heating Instructions: Convection Oven: Preheat to 300 deg. F. Frozen: Heat for 25 min. Thawed: Heat for 18 min. Conventional Oven: Preheat to 300 deg. F. Frozen: Heat for 25- 30 min. Thawed: Heat for 15- 20 min. Microwave: Frozen: Heat for 2 mins. Thawed: Heat for 1 min.

12835 Atlantic Avenue, Compton, California 90221 Tel. (310) 635-5664 Fax. (310) 635-0916



96- 5.75 OZ.  
**Xtreme Bean Burrito**

**Lot #**

*Individually Wrapped*

**KEEP  
FROZEN**

**CN** 069117 **CN**

**CN**

Each 5.75 oz. Burrito provides 2.00 oz. equivalent meat alternate and 2.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-07 ).

**DOP:**

Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Salt, Culture, 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], Flavorings, Salt, Modified Food Starch (Refined From Corn).

Flour Tortilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

Contains **WHEAT, SOY & MILK**

**71660**

**NET WT. 34 LBS. 8.00 OZ.**

M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.

INSPECTED BY THE  
U.S. DEPT. OF AGRICULTURE  
IN ACCORDANCE WITH  
FNS REQUIREMENTS





Revision Date: 6/13/2009

## Nutritional Analysis

Code #: **71688** Individually Wrapped Net Wt. (oz.) 6.00 Case Pack: 64  
 Related Code #'s 71688/CM, 71689/CM, 71690/CM Servings Per Package: 1  
 Description: **Macho Chili Cheese Burrito** Serving Size 6.00 oz. ( 170.10 g )  
 Weight of Filling (oz.): 3.42  
 Weight of Tortilla/Bread (oz.): 2.58

### Ingredient Statement

INGREDIENTS: Filling: Ground Beef (No More Than 20% Fat), Water, Cheddar Cheese (Pasteurized Milk, Culture, Salt, Enzymes, May Contain Annatto Color), Oats, Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), 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)], 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), Modified Food Starch (Refined From Corn), Spices, Salt, Minced Onion).

Flour Tortilla: Enriched Wheat Flour (Flour, Malted Barley, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean and/or Cottonseed Oils), Leavening (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate), Salt, Calcium Propionate, Potassium Sorbate, L-Cysteine, Modified Food Starch, Guar Gum, Cellulose Gum, Monoglycerides.

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

### National School Lunch Requirements

Each 6.00 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 3.00 Bread Servings and \_\_\_\_\_ Cups Fruit/Vegetable Servings.

### Nutritional Information

Serving Size	6.00 oz. ( 170.10 g )	% Calories from Fat	38.87%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<u>1</u>	% Calories from Sat Fat	14.57%				
Calories (Kcal)	383.1120	<b>Fats</b>		<b>Vitamins</b>	<b>Minerals</b>		
Calories from Fat	148.9230	Total Fat (g)	16.5470	Vitamin A (RE)	13.4960	Iron (mg)	4.0750
Protein (g)	18.6590	Saturated Fat (g)	6.2040	Vitamin A (IU)	594.3500	Sodium (mg)	857.5100
Carbohydrates (g)	45.1490	Trans Fat (g)*	0.5610	Vitamin C (mg)	1.9870	Calcium (mg)	289.93
Tot. Dietary Fiber (g)	3.1340	Cholesterol (mg)	42.6370				

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

### Heating Instructions

BURRITO HANDLING PROCEDURES \*STORE FROZEN\* THAW IN THE CASE FOR 48 HOURS UNDER REFRIGERATION: PREHEAT CONVECTION OVEN TO 250°F. LOAD TRAYS WITH A SINGLE LAYER OF 20 THAWED BURRITOS \* DO NOT STACK \* DO NOT UNWRAP. BAKE AT 250°F FOR 25-35 MINUTES \*COOK TIME MAY VARY 2835 Atlantic Avenue, Compton, California 90221 \*Tel. (310) 635-5064 Fax: (310) 635-0916 OF 145 - 155°F AT THE CENTER OF THE BURRITO. PRODUCT MAY BE SERVED IMMEDIATELY OR HELD HOT IN A PREHEATED CABINET AT 140°F FOR UP TO 2 HOURS. \*DISCARD PRODUCT AFTER 2 HOUR HOLD \*DO NOT REFRIGERATE \*DO NOT MICROWAVE



64 6 OZ Lot #

**KEEP FROZEN**

CN DOP:

069870

Each 6.00 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 3.00 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-07 ).

CN

**INGREDIENTS:** Filling: Ground Beef (No More Than 20% Fat), Water, Cheddar Cheese (Pasteurized Milk, Culture, Salt, Enzymes, May Contain Annatto Color), Oats, Tomatoes (May contain one or more of the following: Tomato Juice, Water, Salt, Citric Acid, and Calcium Chloride), 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)), 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), Modified Food Starch (Refined From Corn), Spices, Salt, Minced Onion).

**Flour Tortilla:** Enriched Wheat Flour (Flour, Malted Barley, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean and/or Cottonseed Oils), Leavening (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate), Salt, Calcium Propionate, Potassium Sorbate, L-Cysteine, Modified Food Starch, Guar Gum, Cellulose Gum, Monoglycerides.

**Contains WHEAT, SOY, MILK**

**71688**

**NET WT. 24 LBS. 0.00 OZ.**  
M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.





## SPECIFICATION SHEET

PRODUCT NAME: BEEF & BEAN BURRITO w/ Whole Wheat Tortilla

PRODUCT CODE 93540CN, 93540CN/CM, 00675CN, 00675CN/CM

TOTAL WEIGHT: 5.75 oz.

WEIGHT OF COOKED GROUND BEEF: .9275 oz.

PERCENT FAT OF RAW GROUND BEEF: 20%

\*WEIGHT OF DRY TVP: .1732 oz.

WEIGHT OF HYDRATED TVP: .4813 oz.

WEIGHT OF DRY PINTO BEANS: .64225 oz.

WEIGHT OF OTHER INGREDIENTS: .1449 oz.

TOTAL WEIGHT OF FILLING: 3.50 oz.

TOTAL WEIGHT OF ENRICHED FLOUR TORTILLA: 2.25 oz.

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

THE ABOVE PRODUCT READY FOR SERVING CONTAINS (2oz.) OF COOKED LEAN MEAT/MEAT ALTERNATE AND (2.50) SERVINGS OF BREAD ALTERNATE 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 Southam*

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

\_\_\_\_\_  
President  
TITLE

\_\_\_\_\_  
03/29/2010  
DATE



Revision Date: 3/29/2010

## Nutritional Analysis

Code #: **93540CN** Individually Wrapped Net Wt. (oz.) **5.75** Case Pack: **96**  
 Related Code #'s \_\_\_\_\_ Servings Per Package: **1**  
 Description: **Beef and Bean and Textured Vegetable Protein Burritos** Serving Size **5.75 oz. ( 163.01 g )**  
 Weight of Filling (oz.) : **3.5**  
 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 Tortilla: Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate and Monocalcium Phosphate).

### Allergen Statement Contains WHEAT & SOY

### National School Lunch Requirements

Each 5.75 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.50 Bread Servings and \_\_\_\_\_ Cups Fruit/Vegetable Servings.

<b>Nutritional Information</b>		% Calories from Fat	26.06%	<b>Basis of Analysis: as Cooked.</b>					
Serving Size	5.75 oz. ( 163.01 g )	% Calories from Sat Fat	7.08%	<b>Fats</b>		<b>Vitamins</b>		<b>Minerals</b>	
Servings Per Package:	<b>1</b>	Total Fat (g)	9.9230	Vitamin A (RE)	40.1420	Iron (mg)	4.3540		
Calories (Kcal)	342.6760	Saturated Fat (g)	2.6950	Vitamin A (IU)	405.7870	Sodium (mg)	498.6120		
Calories from Fat	89.3070	Trans Fat (g)*	0.3240	Vitamin C (mg)	1.7360	Calcium (mg)	57.497		
Protein (g)	16.2070	Cholesterol (mg)	18.6690						
Carbohydrates (g)	49.0600								
Tot. Dietary Fiber (g)	7.7740								

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

### Heating Instructions

Cooking Instructions: Convection Oven: Preheat Oven to 300 deg. F. Cook to an Internal Temperature of 160 Deg. F., Frozen: Bake 16 min. Conventional Oven: Preheat Oven to 300 deg. F. Cook to an Internal Temperature of 160 Deg. F., Frozen: Bake for 25- 30 min. Thawed: Cook for 15- 20 min. Microwave: Frozen: Heat for 2 mins. Thawed: Heat for 1 min.

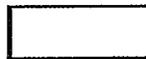
For Additional Information Contact Dan Southard at 310-635-5664

M.C.I. FOODS, INC. 12835 Atlantic Ave. Compton, CA 90221 310-635-5664 or 800-704-4661



96- 5.75 OZ.

Lot #



# Beef and Bean and Textured Vegetable Protein Burritos

Individually Wrapped

**KEEP FROZEN**

DOP:

	CN	068285
CN	Each 5.75 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 2.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 10-06 ).	CN
	CN	

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 Tortilla: Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate and Monocalcium Phosphate).

**93540CN**

**NET WT. 34 LBS. 8.00 OZ.**

M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.





Revision Date: 7/2/2007

# Nutritional Analysis

Code #: **95575** Individually Wrapped Net Wt. (oz.) 5.75 Case Pack: 96  
 Related Code #'s Servings Per Package: 1  
 Description: **Beef, Bean, Green Chile and Textured Vegetable Protein Burritos** Serving Size **5.75 oz. ( 163.01 g )**  
 Weight of Filling (oz.) : 3.5  
 Weight of Tortilla/Bread (oz.): 2.25

## Ingredient Statement

INGREDIENTS: Filling: Beef, Water, Green Chile (Green Chiles, water, calcium chloride, citric acid), Pinto Beans, 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.

Flour Torilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

## Allergen Statement Contains WHEAT, WHEY & SOY

## National School Lunch Requirements

Each 5.75 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.50 Bread Servings and \_\_\_\_\_ Cups Fruit/Vegetable Servings.

## Nutritional Information

Serving Size	5.75 oz. ( 163.01 g )	% Calories from Fat	20.41%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<b>1</b>	% Calories from Sat Fat	6.18%				
Calories (Kcal)	343.2200	<b>Fats</b>		<b>Vitamins</b>	<b>Minerals</b>		
Calories from Fat	70.0380	Total Fat (g)	7.7820	Vitamin A (RE)	3.3200	Iron (mg)	4.5240
Protein (g)	16.5610	Saturated Fat (g)	2.3550	Vitamin A (IU)	342.0940	Sodium (mg)	502.3440
Carbohydrates (g)	51.6250	Trans Fat (g)	0.3240	Vitamin C (mg)	3.9730	Calcium (mg)	53.641
Tot. Dietary Fiber (g)	5.9110	Cholesterol (mg)	18.6690				

Fat Change +/- 0% Moisture Change +/- 0%

Data Source: USDA Handbook 8

## Heating Instructions

Heating Instructions: Convection Oven: Preheat to 300 deg. F. Frozen: Heat for 25 min. Thawed: Heat for 18 min. Conventional Oven: Preheat to 300 deg. F. Frozen: Heat for 25- 30 min. Thawed: Heat for 15- 20 min. Microwave: Frozen: Heat for 2 mins. Thawed: Heat for 1 min.

For Additional Information Contact Dan Southard at 310-635-5664

M.C.I. FOODS, INC. 12835 Atlantic Ave. Compton, CA 90221 310-635-5664 or 800-704-4661



*Individually Wrapped*

**KEEP FROZEN**

96- 5.75 OZ. Lot #   
**Beef, Bean, Green Chile and Textured  
Vegetable Protein Burritos**

DOP:

**CN**

Each 5.75 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 2.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA ).

**CN**

**INGREDIENTS:** Filling: Beef, Water, Green Chile (Green Chiles, water, calcium chloride, citric acid), Pinto Beans, 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.

Flour Torilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

**95575**

**NET WT. 34 LBS. 8.00 OZ.**  
M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.





Revision Date: 7/2/2007

## Nutritional Analysis

Code #: **95575** Individually Wrapped Net Wt. (oz.) 5.75 Case Pack: 96  
 Related Code #'s Servings Per Package: 1  
 Description: **Beef, Bean, Green Chile and Textured Vegetable Protein Burritos** Serving Size **5.75 oz. ( 163.01 g )**  
 Weight of Filling (oz.) : 3.5  
 Weight of Tortilla/Bread (oz.): 2.25

### Ingredient Statement

INGREDIENTS: Filling: Beef, Water, Green Chile (Green Chiles, water, calcium chloride, citric acid), Pinto Beans, 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.

Flour Torilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

### Allergen Statement Contains WHEAT, WHEY & SOY

### National School Lunch Requirements

Each 5.75 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.50 Bread Servings and  
 \_\_\_\_\_ Cups Fruit/Vegetable Servings.

### Nutritional Information

Serving Size	5.75 oz. ( 163.01 g )	% Calories from Fat	20.41%	<b>Basis of Analysis: as Cooked.</b>			
Servings Per Package:	<b>1</b>	% Calories from Sat Fat	6.18%				
Calories (Kcal)	343.2200	<b>Fats</b>		<b>Vitamins</b>	<b>Minerals</b>		
Calories from Fat	70.0380	Total Fat (g)	7.7820	Vitamin A (RE)	3.3200	Iron (mg)	4.5240
Protein (g)	16.5610	Saturated Fat (g)	2.3550	Vitamin A (IU)	342.0940	Sodium (mg)	502.3440
Carbohydrates (g)	51.6250	Trans Fat (g)	0.3240	Vitamin C (mg)	3.9730	Calcium (mg)	53.641
Tot. Dietary Fiber (g)	5.9110	Cholesterol (mg)	18.6690				

Fat Change +/- 0% Moisture Change +/- 0%

Data Source: USDA Handbook 8

### Heating Instructions

Heating Instructions: Convection Oven: Preheat to 300 deg. F. Frozen: Heat for 25 min. Thawed: Heat for 18 min. Conventional Oven: Preheat to 300 deg. F. Frozen: Heat for 25- 30 min. Thawed: Heat for 15- 20 min. Microwave: Frozen: Heat for 2 mins. Thawed: Heat for 1 min.

For Additional Information Contact Dan Southard at 310-635-5664

M.C.I. FOODS, INC. 12835 Atlantic Ave. Compton, CA 90221 310-635-5664 or 800-704-4661



*Individually Wrapped*

**KEEP FROZEN**

96- 5.75 OZ. Lot #   
**Beef, Bean, Green Chile and Textured  
Vegetable Protein Burritos**

DOP:

**CN**

Each 5.75 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 2.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA ).

**CN**

**INGREDIENTS:** Filling: Beef, Water, Green Chile (Green Chiles, water, calcium chloride, citric acid), Pinto Beans, 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.

Flour Torilla: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), L-Cysteine.

**95575**

**NET WT. 34 LBS. 8.00 OZ.**  
M.C.I. FOODS, INC. COMPTON, CA 90221 U.S.A.





## SPECIFICATION SHEET

PRODUCT NAME: COMBO BEEF, CHICKEN, CHEESE BURRITO Whole Grain Tortilla

PRODUCT CODE: 99577/CM

TOTAL WEIGHT: 5.60 oz

WEIGHT OF COOKED GROUND CHICKEN: .4500 oz.

WEIGHT OF RAW GROUND BEEF: .4500 oz.

PERCENT FAT OF RAW GROUND CHICKEN: 30%

PERCENT FAT OF RAW GROUND BEEF: 20%

\*WEIGHT OF DRY TVP: .3270 oz.

WEIGHT OF REDUCED FAT CHEDDAR CHEESE: .4500 oz.

WEIGHT OF OTHER INGREDIENTS: 1.323 oz.

TOTAL WEIGHT OF FILLING: 3.00 oz.

TOTAL WEIGHT OF WHOLE GRAIN FLOUR TORTILLA: 2.60 oz.

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

THE ABOVE PRODUCT READY FOR SERVING CONTAINS (2oz.) OF COOKED MEAT/MEAT ALTERNATE, (2.75) SERVINGS OF BREAD AND PROVIDES (1.50) SERVINGS OF WHOLE GRAIN 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

08/09/2011  
DATE



Revision Date: 9/30/2011

## Nutritional Analysis

Code #: **99577/CM** Individually Wrapped Net Wt. (oz.) **5.60** Case Pack: **96**  
 Related Code #'s  
 Description: Servings Per Package: **1**  
 Serving Size **5.60 oz. ( 158.76 g )**  
 Weight of Filling (oz.) : **3**  
 Weight of Tortilla/Bread (oz.) **2.6**

### Ingredient Statement

INGREDIENTS: Filling: Water, Ground Beef (Not more than 20% Fat), Mechanically Separated Chicken, Reduced Sodium, Reduced Fat Pasteurized Process American Cheese: Cultured pasteurized milk and skim milk, \*whey protein concentrate, potassium citrate, contains less than 2% of salt, sodium citrate, lactic acid, sorbic acid (preservative), natural flavor, \*xanthan gum, \*locust bean gum,\*guar gum, apo-carotenal and beta carotene (color), \*vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. (\*Not found in regular pasteurized process American cheese.), 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)], Tomatos (May contain one or more of the following: tomato Juice, Tomato Puree, Water, Salt, Citric Acid and Calcium Chloride), 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), Modified Food Starch (refined from corn), Chipotle Paste (Chipotle, Water, Salt, Citric Acid), Flavorings, Vinegar, Minced Onion, and Salt.

Whole Wheat Tortilla: Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil,

Allergen Statement Contains WHEAT, SOY, MILK

Equivalent Whole Grain Servings (16g) 1.50

### National School Lunch Requirements

CN #

CN Date

Each **5.60** oz. Portion (cooked) will provide **2.00** oz. Meat/Meat Alternate and **2.75** Bread Servings and  
 \_\_\_\_\_ Cups Fruit/Vegetable Servings.

### Nutritional Information

% Calories from Fat 29.23%

Basis of Analysis: as Cooked.

Serving Size 5.60 oz. ( 158.76 g )

% Calories from Sat Fat 9.29%

Servings Per Package: **1**

Calories (Kcal) 353.4600

Calories from Fat 103.3200

Protein (g) 16.5100

Carbohydrates (g) 49.2700

Tot. Dietary Fiber (g) 6.4000

Ash (g) 2.2700

#### Fats

Total Fat (g) 11.4800

Saturated Fat (g) 3.6500

Trans Fat (g)\* 0.1600

Cholesterol (mg) 31.5700

Water (g) 66.7300

#### Vitamins

Vitamin A (RE) 6.49 10%

Vitamin A (IU) 523.01

Vitamin C (mg) 1.75 2%

#### %DV Minerals

Iron (mg) 4.10 25%

Sodium (mg) 470.69

Calcium (mg) 163.21 15%

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

\*-Trans Fats naturally occurring

### Heating Instructions

Heating Instructions: Convection Oven: Preheat Oven to 300 deg. F. Cook to an Internal Temperature of 160 Deg. F., Frozen: Bake 16 min. Conventional Oven: Preheat Oven to 300 deg. F. Cook to an Internal Temperature of 160 Deg. F., Frozen: Bake for 25- 30 min. Thawed: Cook for 15- 20 min. Microwave: Frozen: Heat for 2 mins. Thawed: Heat for 1 min.

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



# Combo Beef, Chicken, Cheese & Textured Vegetable Protein Burrito (PROVISIONAL)

96 CT - 5.60 OZ.  
W196-CM PF104

# **43936**

Each 5.60 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 2.75 CN servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA)

Los Cabos Mexican Foods  
DOP: 270-11-11  
**KEEP FROZEN**

**INGREDIENTS:** Filling: Water, Ground Beef (Not more than 20% Fat), Mechanically Separated Chicken, Reduced Sodium, Reduced Fat, Pasteurized Process American Cheese, Cultured pasteurized milk and skim milk, whey protein concentrate, potassium citrate, contains less than 2% of salt, sodium citrate, lactic acid, sorbic acid (preservative), natural flavor, xanthan gum, locust bean gum, guar gum, apo-carotene and beta carotene (color), vitamin A palmitate, enzymes, soy lecithin and soybean oil blend, ("Not found in regular pasteurized process American cheese"), Textured Vegetable Protein Product (Soy Flour, Caramel Color, Zinc Oxide, Nicotinamide, Ferrrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)), Tomatos (May contain one or more of the following: Tomato Juice, Tomato Puree, Water, Salt, Citric Acid and Calcium Chloride), 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), Modified Food Starch (refined from corn), Chipotle Paste (Chipotle, Water, Salt, Citric Acid), Flavorings, Vinegar, Minced Onion, and Salt, Whole Wheat, Modified Food Starch (refined from corn), Whole Wheat Flour, Enriched Bleached Wheat Flour, Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid and Natural Salt, Guar Gum, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate and Monocalcium Phosphate).

Heating Instructions: Convection Oven: Preheat Oven to 300 deg. F., Cook to an Internal Temperature of 160 Deg. F., Frozen: Bake for 15-20 min. Microwave: Preheat Oven: Preheat Oven to 300 deg. F., Cook to an Internal Temperature of 160 Deg. F., Frozen: Bake for 25-30 min. Thawed: Cook for 15-20 min. Microwave: Frozen: Heat for 2 mins. Thawed: Heat for 1 min.



Contains WHEAT, SOY, MILK  
NET WT. 33 LBS. 9.60 OZ.  
M.C.I. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

Stock Code  
**99577/CM**  
Lot #  
**43936**  
1000657499577



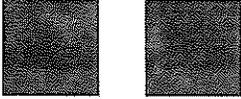
CN-MEAT 1000657499577



1000657499577

Stock Code

**99577/CM**



## HealthierUS School Challenge Whole Grain Criteria

### **Documentation to show primary grains in product are whole grains to meet Group A**

Company Name: M.C.I. Foods, Inc.

Brand: Los Cabos Mexican Foods

Product Name: Combo Beef, Chicken and Cheese Burrito with Whole Grain Tortilla

Product Code: 99577/CM

- 1) Ingredient statement of product attached (see attached)
- 2) Underline all items that are whole grain in the attached product ingredient statement.  
(See attached)
- 3) Serving Size in grams for Whole Wheat Flour Tortilla: 2.60 ounces or \*73.71 grams
- 4) Total weight of all whole grain ingredients in the recipe is 24 grams
- 5) Weight of primary ingredient in recipe or listed first in ingredient statement 24 grams
- 6) Weight of primary grain ingredient in recipe or listed first in ingredient statement.  
Whole Wheat Flour 24 Grams

---

A. Serving size for this food equals 1 Grains/ Bread Servings: Yes / FBG Sec 3-15

This product meets 1.25 Whole Grain Serving and 2.75 servings of bread towards the National School Lunch Program

- B. The ingredient underlined below are considered whole grain: Yes
- C. Does weight of item #4 exceed weight of Item #5 Yes is equal to or greater.
- D. Does the weight in Item #4 exceed the weight in Item #6: Yes is equal to or greater.
- E. Are the answers to items A, B and C yes? If yes, food product meets Group A  
(Answer Yes)
- F. Are the answers to items A, B and D yes? If yes, food product meets Group B  
(Answer Yes)

\*M.C.I. Foods, Inc. purchases flour blends of whole-grain and enriched flours combined to make a specialty blend of two or more flours that in part whole grain and part refined flour.

I certify that all information is accurate:



Signature

Dan Southard  
Printed Name

President  
Title

dan@mcifoods.com  
Email

October 18<sup>th</sup> 2011  
Date

**\*\* Attach a copy of product ingredient statement with whole grains highlighted or underlined.**

Stock Code 99577/CM

INGREDIENTS: Filling: Water, Ground Beef (Not more than 20% Fat), Mechanically Separated Chicken, Reduced Sodium, Reduced Fat Pasteurized Process American Cheese: Cultured pasteurized milk and skim milk, \*whey protein concentrate, potassium citrate, contains less than 2% of salt, sodium citrate, lactic acid, sorbic acid (preservative), natural flavor, \*xanthan gum, \*locust bean gum, \*guar gum, apo-carotenal and beta carotene (color), \*vitamin A palmitate, enzymes, soy lecithin and soybean oil blend. (\*Not found in regular pasteurized process American cheese.), 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)], Tomatos (May contain one or more of the following: tomato Juice, Tomato Puree, Water, Salt, Citric Acid and Calcium Chloride), 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), Modified Food Starch (refined from corn), Chipotle Paste (Chipotle, Water, Salt, Citric Acid), Flavorings, Vinegar, Minced Onion, and Salt.

Whole Wheat Tortilla: **Whole Wheat Flour**, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Salt, Guar Gum, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate and Monocalcium Phosphate).

