



Product Specification and Nutritional Information

Current Revision Date:

7/1/2018

Replaces Spec Dated

12/26/2017



Stock Code		Product Name							
64142		Reduced Fat Monterey Jack Cheese Enchiladas							
Bulk Pack		in a Whole Grain Corn Tortilla							
Net Wt. (oz)	Case Pack	Case Net Wt. (Lbs)	UPC/GTIN	Ship Wt. (Lbs)	Case Cube	Case Dimensions (in)	Pallet Count	Tie/High	
2.000	144	18.00	10006574641424	19.43	0.596	19.000 L 15.500 W 3.500 H	66	6 x 11	
Child Nutrition (CN) Meal Pattern Contributions¹				CN # 083740	CN Date 05-17	CN Expiration Date 5/8/2022			
Each 2.000 oz. portion provides*:		Meat/Meat Alternate. (oz)	Equivalent Grains (oz)	Legume veg (cup)	Red/Orange veg (cup)	Dark Green veg (cup)	Starchy veg (cup)	Other veg (cup)	
A		1.00	1.00						
--- OR ---									
B		1.00	1.00						

* - use the crediting in row A or row B, but not both. (based on the dual meat alternate/vegetable crediting for legumes.)

1 - if there is a CN number and CN date listed, the item is CN labeled.

Ingredient Statement

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

Whole Grain Corn Tortilla: White Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Whole Grain Corn Flour (yellow corn masa flour, trace of lime), Water.

Allergen Statement Contains MILK

BID Specification

Enchilada-Frozen- Frozen Reduced Fat Monterey Jack Cheese only. Each 2.00oz enchilada provides 1.00 OZ EQV Meat Alternate and 1.00 OZ EQV Grain towards the NSLP. 100% Whole Grain Corn Tortilla. CN labeled. Enchiladas are bulk packed. 144 count. Preparation instruction printed on outside of case. No more than 180 mg Sodium, Less than 29% calories from saturated fat, 0 Trans Fat, No less than 140 Kcal. Cabo Real Brand 64142

Nutritional Information

Serving Size 2.000 oz. (56.70 g)
 Servings Per Package: **1**
 Calories (Kcal) 134.14
 Calories from Fat 67.41
 Protein (g) 7.16
 Carbohydrates (g) 9.54
 Sugars (g) 0.23
 Tot. Dietary Fiber (g) 1.57
 Ash (g) 1.20

% Calories from Fat 50.25%
 % Calories from Sat Fat 28.38%
 % Sugar 0.41%

Fats
 Total Fat (g) 7.49
 Saturated Fat (g) 4.23
 Trans Fat (g)* 0.00
 Cholesterol (mg) 26.37
 Water (g) 27.40

Basis of Analysis: as Cooked.

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

Vitamins	%DV	Minerals	%DV
Vitamin A (RE)	0.00	Iron (mg)	0.35 2%
Vitamin A (IU)	235.31 4%	Sodium (mg)	176.25
Vitamin C (mg)	0.00 0%	Calcium (mg)	190.24 20%
		Potassium (mg)	43.70

*-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. In order to facilitate the easy separation of the enchiladas, remove product from the case and thaw at room temperature in a single layer on a sheet pan for 15 to 30 mins (depending on ambient temperature of the room). 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 cover enchiladas. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese or other garnish (if desired), foil and place in steam table for service. Once heated and garnished, serve product with at least a 6" spatula to transfer enchilada from pan to serving plate.

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

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



Reduced Fat Monterey Jack Cheese Enchiladas

in a Whole Grain Corn Tortilla

Bulk Pack
DOP: 003-18-D5

144CT -2.00 OZ.

W902

FOR INSTITUTIONAL USE ONLY
KEEP FROZEN

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 05-17.)	CN
		083740

Lot# **59130**

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

Whole Grain Corn Tortilla: White Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Whole Grain Corn Flour (yellow corn masa flour, 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. In order to facilitate the easy separation of the enchiladas, remove product from the case and thaw at room temperature in a single layer on a sheet pan for 15 to 30 mins (depending on ambient temperature of the room). 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 cover enchiladas. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese or other garnish (if desired), foil and place in steam table for service. Once heated and garnished, serve product with at least a 6" spatula to transfer enchilada from pan to serving plate.

Stock Code

64142

Contains MILK

NET WT. 18 LBS. 0.00 OZ.

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

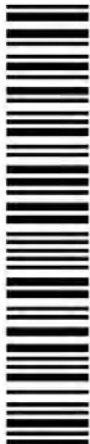
Stock Code

64142

Lot#

59130

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CR CN ENCH NF WG

CR CN ENCH NF WG



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