

Fernando's**05220**

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EGG AND CHEESE BREAKFAST BURRITOCopy not for documenting
Federal Meal requirements

INGREDIENTS: TORTILLA (WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NAVY BEAN POWDER, SOYBEAN OIL, WHOLE GRAIN CORN FLOUR (STONE GROUND WHOLE WHITE CORN, TRACE OF LIME), CONTAINS 2% OR LESS OF MONO AND DIGLYCERIDES, BAKING POWDER (CORN STARCH, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, SALT, GUAR GUM, SUGAR, RICE FLOUR, FUMARIC ACID, ENZYME, L-CYSTEINE, AND SODIUM METABISULFITE), WATER, EGGS (WHOLE EGGS, MODIFIED CORN STARCH, SALT, CITRIC ACID, XANTHAN GUM), MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), GREAT NORTHERN WHITE BEANS, POTATOES, PASTEURIZED PROCESSED AMERICAN CHEESE (AMERICAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APocarotENAL)), CONTAINS 2% OR LESS OF TOMATOES, DEHYDRATED RED BELL PEPPER, SOYBEAN OIL, RICE STARCH, SEASONING (SPICES (INCLUDING CHILI PEPPERS), ONION, PAPRIKA, GARLIC, SALT), DEHYDRATED ONION, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SALT, NATURAL FLAVOR ENHANCER (DEHYDRATED SOY SAUCE (SOY SAUCE (SOYBEANS, WHEAT, SALT), MALTODEXTRIN), YEAST EXTRACT), GARLIC POWDER, SPICES, NATURAL BUTTER FLAVOR (MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)), CHEESE FLAVOR (DEHYDRATED BLEND OF CHEESE (SEMI-SOFT AND CHEDDAR (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)), MALTODEXTRIN, AUTOLYZED YEAST, FOOD STARCH-MODIFIED, SALT, TORULA YEAST, CONTAINS LESS THAN 2% OF BUTTER, NATURAL FLAVOR, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE), FLAVORING (NATURAL FLAVORINGS, MALTODEXTRIN, YEAST AUTOLYZATE, DEXTRIN), CHILI PEPPER, CHIPOTLE CHILI PEPPER, SODIUM ALGINATE (PROCESSING AID)).

CONTAINS WHEAT, SOY, MILK AND EGG.Dist. by Fernando's Foods,
Compton, CA 90221

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096622

EACH 3.50 OZ BURRITO 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 12-17.)

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**HEATING
INSTRUCTIONS**

	FRIED 360 F	MICRO	OVEN 280 F	CONVEC. 250 F
FROZEN	*N/R Min.	*N/R Min.	*N/R Min.	*N/R Min.
THAWED	*N/R Min.	*N/R Min.	20-25 Min.	10-15 Min.

Internal Temperature of product should be 160F.

*N/R - Not Recommended

**INSPECTED BY THE U.S. DEPT.
OF AGRICULTURE IN
ACCORDANCE WITH FNS
REQUIREMENTS**
Nutrition FactsServing Size 1 Burrito (99g)
Servings Per Container 90**Amount Per Serving****Calories 210** Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 55mg **18%****Sodium 340mg** **14%****Total Carbohydrate 28g** **9%**Dietary Fiber 4g **16%**

Sugars 1g

Protein 10g

Vitamin A 10% • Vitamin C 25%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

**KEEP
FROZEN****NET WT. 19.68 LBS.
90 CT/3.50 OZ.**

123 - 8011 - 0019

F037-100217