



# Product Specification and Nutritional Information

Current Revision Date: 7/1/2018 Replaces Spec Dated 7/1/2017



<b>Stock Code</b>		<b>Product Name</b>							
69542		Bean and Cheese Burrito							
Bulk Pack									
<b>Net Wt. (oz)</b>	<b>Case Pack</b>	<b>Case Net Wt. (Lbs)</b>	<b>UPC/GTIN</b>	<b>Ship Wt. (Lbs)</b>	<b>Case Cube</b>	<b>Case Dimensions (in)</b>	<b>Pallet Count</b>	<b>Tie/High</b>	
5.200	48	15.60	10006574695427	16.84	0.596	19.000 L 15.500 W 3.500 H	66	6 x 11	
<b>Child Nutrition (CN) Meal Pattern Contributions<sup>1</sup></b>				<b>CN # 094794</b>	<b>CN Date 06-16</b>	<b>CN Expiration Date 6/13/2021</b>			
Each 5.200 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)	
<b>A</b>		2.00	2.00						
--- OR ---									
<b>B</b>		1.50	2.00	1/8					

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

## Ingredient Statement

Ingredients: Filling: Water, Pinto Beans, 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.), Green Chile Puree (Green Chile Peppers, Water, Citric Acid), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrus Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Spices, 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).

## Allergen Statement Contains WHEAT, SOY, MILK

### BID Specification

Burrito -Frozen Bean & Reduced Fat American Cheese. Each 5.20 oz. burrito provides 2.00 OZ Meat Alternate and 2.00 OZ EQV Grain OR 1.50 OZ Meat Alternate and 1/8 cup legume vegetable and 2.00 OZ EQV Grain towards the NSLP, Whole Grain Rich Flour Tortilla. CN labeled. Burritos are bulk packed. 48 count. Preparation instructions included on box. No more than 310 mg Sodium, Less than 7% Calories from Saturated fat, 0 Trans Fat. No less than 265 Kcal. Hand held, Fully Cooked. Heat & Serve.-Vegetarian Los Cabos Brand 69542

### Nutritional Information

Serving Size 5.200 oz. ( 147.42 g )  
 Servings Per Package: 1  
 Calories (Kcal) 270.80  
 Calories from Fat 51.48  
 Protein (g) 13.88  
 Carbohydrates (g) 44.28  
 Sugars (g) 2.31  
 Tot. Dietary Fiber (g) 8.02  
 Ash (g) 1.12

% Calories from Fat 19.01%  
 % Calories from Sat Fat 6.88%  
 % Sugar 1.57%

**Fats**

Total Fat (g) 5.72  
 Saturated Fat (g) 2.07  
 Trans Fat (g)\* 0.00  
 Cholesterol (mg) 10.32  
 Water (g) 70.64

### 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)	3.28 20%
Vitamin A (IU)	311.39 6%	Sodium (mg)	305.73
Vitamin C (mg)	2.06 4%	Calcium (mg)	180.67 20%
		Potassium (mg)	450.69

\*-Trans Fats naturally occurring

## Heating Instructions

Heating Instructions: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. 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. Refrigerated: Heat for 40 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

For Additional Information, visit our website at [www.mcifoods.com](http://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



Los Cabos Mexican Foods

# Bean and Cheese Burrito

Bulk Pack  
DOP: 207-16-D4

**KEEP FROZEN  
FOR INSTITUTIONAL USE ONLY**

CN	Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat alternate and 2.00 oz. equivalent grains or 1.50 oz. equivalent meat alternate and 1/8 cup legume vegetables and 2.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-16 )	CN
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48 CT - 5.20 OZ.

W128B

Lot #

**55615**

Ingredients: Filling: Water, Pinto Beans, 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.), Green Chile Puree (Green Chile Peppers, Water, Citric Acid), 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], Spices, 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).

Heating Instructions: FOR BEST RESULTS. HEAT FROM A REFRIGERATED STATE. 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

**69542**

Contains WHEAT, SOY, MILK

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

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

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CN-NF-WG-DUAL LEGUME

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Copy not for Advertising Federal Meal Requirements

