



# Product Specification and Nutritional Information

Current Revision Date: **7/1/2016** Replaces Spec Dated **7/1/2015**



<b>Stock Code</b>		<b>Product Name</b>							
<b>64149</b>		<b>Reduced Fat Monterey Jack Cheese Enchiladas</b>							
Bulk Pack		in a Whole Grain Corn Tortilla							
<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>	
<b>1.475</b>	<b>144</b>	13.28	10006574641493	14.71	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 # 083653</b>	<b>CN Date 05-12</b>	<b>CN Expiration Date 5/21/2017</b>			
Each 1.475 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>		0.75	0.50						
<b>--- OR ---</b>									
<b>B</b>		0.75	0.50						

\* - 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: 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

## BID Specification

Enchilada-Frozen- Frozen Reduced Fat Monterey Jack Cheese only. Each 1.475 oz enchilada provides 0.75 OZ Meat Alternate and 0.50 OZ Grain EQV towards the NSLP. Whole Grain Rich Corn Tortilla CN labeled. Enchiladas are bulk packed. 144 count. Preparation instruction printed on outside of case. No more than 130 mg Sodium, Less than 26% calories from saturated fat, 0 Trans Fat, No less than 110 Kcal. Los Cabos Brand 64149

## Nutritional Information

Serving Size 1.475 oz. ( 41.82 g )  
 Servings Per Package: **1**  
 Calories (Kcal) 111.47  
 Calories from Fat 50.13  
 Protein (g) 5.24  
 Carbohydrates (g) 10.19  
 Sugars (g) 0.02  
 Tot. Dietary Fiber (g) 0.72  
 Ash (g) 0.75

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

**Fats**

Total Fat (g) 5.57  
 Saturated Fat (g) 3.09  
 Trans Fat (g)\* 0.00  
 Cholesterol (mg) 19.77  
 Water (g) 10.02

## Basis of Analysis: as Cooked.

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

<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Vitamin A (RE)		Iron (mg)	0.73 4%
Vitamin A (IU)	176.05 4%	Sodium (mg)	129.27
Vitamin C (mg)	0.00 0%	Calcium (mg)	150.15 15%
		Potassium (mg)	0.00

\*-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](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**



Bulk Pack  
DOP: 123-16-D4

# Reduced Fat Monterey Jack Cheese Enchiladas

in a Whole Grain Corn Tortilla

144 CT - 1.475 OZ.

W902

**FOR INSTITUTIONAL USE ONLY**  
**KEEP FROZEN**

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.)

Lot# **55555**

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.

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

**64149**

Contains MILK

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

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

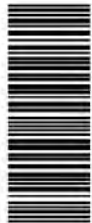
Stock Code

**64149**

Lot#

**55555**

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CN-ENCH-NON FED WG  
CN-ENCH-NON FED WG

