



Product Specification and Nutritional Information

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



Stock Code		Product Name							
69213		Reduced Fat American 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	
1.475	144	13.28	10006574692136	14.71	0.596	19.000 L 15.500 W 3.500 H	66	6 x 11	
Child Nutrition (CN) Meal Pattern Contributions¹				CN # 083743	CN Date 05-12	CN Expiration Date 5/21/2017			
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)	
A		0.75	0.50						
--- OR ---									
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

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.)

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, SOY

BID Specification

Enchilada-Frozen- Frozen Reduced Fat American Cheese only. Each 1.475 oz enchilada provides 0.75 OZ Meat Alternate and 0.50 OZ EQV Grain 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 165 mg Sodium, Less than 23% calories from saturated fat, 0 Trans Fat, No less than 94 Kcal. Los Cabos Brand 69213

Nutritional Information

Serving Size 1.475 oz. (41.82 g)
 Servings Per Package: **1**
 Calories (Kcal) 96.6500
 Calories from Fat 30.6000
 Protein (g) 3.3800
 Carbohydrates (g) 13.9800
 Sugars (g) 1.5200
 Tot. Dietary Fiber (g) 0.7200
 Ash (g) 0.0000

% Calories from Fat 31.66%
 % Calories from Sat Fat 21.23%

Fats

Total Fat (g) 3.4000
 Saturated Fat (g) 2.2800
 Trans Fat (g)* 0.0000
 Cholesterol (mg) 15.1900
 Water (g)

Basis of Analysis: as Cooked.

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

Vitamins	%DV	Minerals	%DV
Vitamin A (RE)	4%	Iron (mg)	0.65 4%
Vitamin A (IU) 227.81		Sodium (mg)	159.47
Vitamin C (mg) 0.00	0%	Calcium (mg)	181.56 20%
		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 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 American Cheese Enchiladas

In a Whole Grain Corn Tortilla

144 CT - 1.475 OZ.

W903

FOR INSTITUTIONAL USE ONLY
KEEP FROZEN

CN 083743
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.)
CN

Lot# **55555**

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.)

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Stock Code

69213

Contains MILK, SOY

NET WT. 13 LBS. 4.40 OZ.

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

Stock Code

69213

Lot#

55555

1000657469213



10006574692136



10006574692136

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

