



## Specification Sheet

Product Name: BEEF, BEAN, RED CHILI AND TEXTURED VEGETABLE PROTEIN  
BURRITO with Whole Wheat Flour Tortilla

Stock Code: 94541/CM

Total Weight: 5.20 oz.

Weight of Ground Beef: 0.7818 oz.

Percent Fat of Ground Beef: 20%

Weight of Dry Pinto Beans: 0.541 oz.

\*Weight of Hydrated TVP: 0.4056 oz.

Weight of Other Ingredients: 1.2216 oz.

Total Weight of Filling: 2.95 oz.

Total Weight of Whole Wheat Flour Tortilla: 2.25 oz.

Meat Alternate from Tortilla: 0.50 oz.

\*CHS Legacy Foods, Inc. C (SF) protein content 50%.

The above product ready for serving contains 2.00 oz. of cooked meat alternate and 2.00 oz. equivalent grains towards the NSLP when prepared according to cooking directions.

Slight variation in piece weight is possible due to normal processing variance, however average weight per box will meet or exceed the stated weight.

This product is produced by M.C.I. Foods, Inc.

I certify that the above information is true and correct.

President

9/17/2012

Signed for M.C.I. Foods, Inc.

Title

Date



Revision Date: 9/17/2012

## Nutritional Analysis

**Code #:** 94541/CM      **Individually Wrapped**      **Net Wt. (oz.)** 5.200      **Case Pack:** 96  
**Description:** **Beef, Bean, Red Chili and Textured Vegetable Protein Burritos**      **Servings Per Package:** 1  
**Tortilla Type:** Whole Wheat Flour      **Serving Size** 5.200 oz. ( 147.42 g )  
**Weight of Filling (oz.) :** 2.95  
**Weight of Tortilla/Bread (oz.)** 2.25

### Ingredient Statement

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), 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

### National School Lunch Requirements CN # 081006 CN Date 07-12

Each 5.200 oz. Portion (cooked) will provide 2.00 oz. Meat/Meat Alternate and 2.00 oz. equivalent grains and \_\_\_\_\_ Cup Legume Vegetable.

### Nutritional Information

Serving Size	5.200 oz. ( 147.42 g )	% Calories from Fat	26.04%	<b>Basis of Analysis: as Cooked.</b>			
		% Calories from Sat Fat	7.12%				
Servings Per Package:	<b>1</b>	<b>Fats</b>		<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Calories (Kcal)	280.6800	Total Fat (g)	8.1200	Vitamin A (RE)	2.80 6%	Iron (mg)	3.60 20%
Calories from Fat	73.0800	Saturated Fat (g)	2.2200	Vitamin A (IU)	277.55	Sodium (mg)	404.01
Protein (g)	15.7800	Trans Fat (g)*	0.2900	Vitamin C (mg)	1.43 2%	Calcium (mg)	70.98 8%
Carbohydrates (g)	39.1200	Cholesterol (mg)	15.7400				
Tot. Dietary Fiber (g)	7.7000	Water (g)	78.6800				
Ash (g)	1.9200						

Fat Change +/- 0%    Moisture Change +/- 0%    Data Source: USDA Handbook 8    \*-Trans Fats naturally occurring

### Heating Instructions

Heating Instructions: Place burritos on a sheet pan with seam of wrapper facing down. 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 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min. Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

**For Additional Information Contact**

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

# Beef, Bean, Red Chili and Textured Vegetable Protein Burritos



Los Cabos Mexican Foods  
Individually Wrapped

96 CT - 5.20 OZ.  
W108A-CM PF101

Stock Code  
**94541/CM**  
Lot #  
**45595**



CN-MEAT-WG  
CN-MEAT-WG  
10006574180046



10006574180046

CN  
Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat/meat alternate and 081006  
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 97-12).  
CN

Lot # **45595**

DOP:  
**KEEP FROZEN**

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), 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: Place burritos on a sheet pan with seam of wrapper facing down. 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 19-21 min. Refrigerated: Heat for 11-13 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 24-28 min. Refrigerated: Heat for 13-15 min. Microwave: Frozen: Heat on High for 50 seconds. Let rest for 15 seconds. Heat for another 30 seconds. Let rest for 1 min. before consuming. Thawed: Heat for 45 seconds. Let rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry.

Stock Code  
**94541/CM**

Contains WHEAT & SOY  
**NET WT. 31 LBS. 3.20 OZ.**  
M.C.I. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

Copy not for document Federal Meal Requirements

oz. equivalent grains  
product



Revision Date: 9/17/2012

## HealthierUS School Challenge Whole Grain Criteria

Documentation to show primary grains in product are Whole Grains to meet Group A

Product Code #: 94541/CM

Product Name: Beef, Bean, Red Chili and Textured Vegetable Protein Burritos

Serving Size 5.200 oz. ( 147.42 g ) Weight of Filling (oz.) : 2.950 Weight of Tortilla/Bread (oz.) 2.250

### 1) Product Ingredient Statement:

INGREDIENTS: Filling: Water, Ground Beef (Not More Than 20% Fat), Pinto Beans, Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Flavorings, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), 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).

### 2) Underline all items that are whole grain in the Ingredient Statement (see above)

3) Serving size in grams for Whole grain bread component: 63.787 (g) or 2.00 oz. equivalent grains\*.

\* note: some products, such as Enchiladas, are to be served as 2 each in order to meet the full G/B serving

4) Total weight of all Whole grain ingredients in the bread component: 18.21 g Whole Wheat Flour

5) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 18.21 g

6) Weight of primary ingredient in the bread component listed first in the Ingredient Statement: 18.21 g

### A) The serving size for this food product equals 1 Grains/Bread Servings? YES

Per USDA FNS Policy Memo AP-30-2012 relating to Whole Grains Rich Criteria. This product provides 1 Whole Grain servings (based on 16 g per serving) and provides 2.00 oz. equivalent grains towards the National School Lunch Program. Some products, such as Enchiladas, are to be served two each in order to meet this criteria

### B) The ingredient underlined above is considered whole grain? YES

C) Does the weight in item # 4 exceed (or is equal to) the weight in Item #5? YES

D) Does the weight in item # 4 exceed (or is equal to) the weight in Item #6? YES

E) Are the answers to items A, B & C yes? If yes, the food product meets GROUP A Criteria. Answer = YES

F) Are the answers to items A, B & D yes? If yes, the food product meets GROUP B Criteria. Answer = YES

M.C.I. Foods, Inc. purchases bread components (tortillas) that are made from blends of whole grain flours and enriched flours. The whole grain flour is 51% of the flour component and meets the definition of "whole grain rich" per USDA FNS Policy Memo SP-30-2012

Dan Southard,  
President

9/17/2012

Date

dan@mcifoods.com

email