



Product Specification and Nutritional Information

Current Revision Date: 8/26/2014 Replaces Spec Dated 6/7/2013



Stock Code		Product Name							
97576		Bean & Cheese Burritos							
Individually Wrapped									
Net Wt. (oz)	Case Pack	Case Net Wt. (Lbs)	UPC/GTIN	Ship Wt. (Lbs)	Case Cube	Case Dimensions (in)	Pallet Count	Tie/High	
5.200	96	31.20	10006574975765	33.97	1.140	19.250 L 14.625 W 7.000 H	48	6 x 8	
Child Nutrition (CN) Meal Pattern Contributions¹				CN # 081011	CN Date 06-12	CN Expiration Date	6/25/2017		
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)	
A		2.00	2.00						
--- OR ---									
B		2.00	2.00						

* - 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, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), 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], Salt, Flavorings, Modified Food Starch (Refined From Corn).

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 & Cheese. Each 5.20 oz burrito provides 2 OZ Meat Alternate and 2 OZ EQV Grain towards the NSLP, Whole Grain Rich Tortilla. CN labeled. Preparation instruction printed on outside of case. Burrito is individually wrapped ovenable film containing high impact graphics that can be recycled. 96 count. No more than 480 mg Sodium, Less than 12% Calories from Saturated fat, 0 Trans Fat. No less than 290 Kcal. Hand held, Fully Cooked. Heat & Serve.-Vegetarian Los Cabos Brand 97576

Nutritional Information

Serving Size 5.200 oz. (147.42 g)
 Servings Per Package: 1
 Calories (Kcal) 291.1100
 Calories from Fat 74.6100
 Protein (g) 15.6000
 Carbohydrates (g) 40.9500
 Sugars (g) 1.3300
 Tot. Dietary Fiber (g) 7.9600
 Ash (g) 1.6100

% Calories from Fat 25.63%
 % Calories from Sat Fat 11.19%

Fats

Total Fat (g) 8.2900
 Saturated Fat (g) 3.6200
 Trans Fat (g)* 0.0100
 Cholesterol (mg) 15.3300
 Water (g) 76.0700

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 6%	Iron (mg)	3.33 20%
Vitamin A (IU)	295.24	Sodium (mg)	478.94
Vitamin C (mg)	1.54 2%	Calcium (mg)	171.00 15%

*-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, 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

Bean & Cheese Burritos



Individually Wrapped

Los Cabos Mexican Foods

DOP: 174-12-13

KEEP FROZEN

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97576

CN Each 5.20 oz. Burrito provides 2.00 oz. equivalent meat alternate and 081041
2.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of CN
this logo and statement authorized by the Food and Nutrition Service, USDA 06-12.)
CN

96 CT - 5.20 OZ.

W101 PF103

Lot #



Stock Code
97576

Lot #



10006574975765

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



10006574975765

Copy not for documenting Federal Meal Requirements

BEAN & CHEESE
BURRITO



KEEP FROZEN

NET WT. 5.20 OZ. (147g)

INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS