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Item: Lunch Bean & Cheese Whole Grain Burrito

Product Code: C4024902

Dimensions: 6 x 2" Hand Rolled Burrito

Unit Weight: 5.75 oz.

Count/Case: 54

The Whole Grain flour tortilla contains 32 grams of whole grain rich flour per 2.0 oz serving with 51% Whole Grain, 49% enriched grain. 1.25 oz. m/ma consisting of low moisture part skim mozzarella cheese.

Child Nutrition #087678

Each 5.75 oz. Portion (cooked) will provide

Flour Tortilla: 2.0 Grain Equivalent, 51% Whole Grain, 49% enriched grain

Cheese: (Mozzarella) .625 oz, and (Cheddar) .625 oz = 1.25 oz of Meat

Alternate

Pinto Beans: 1.25 oz Meat Alternate

Or

Pinto Beans: 1/4 cup Beans/Peas Group

Ingredient Statement: Beans: Water, Pinto Beans, spices.

Tortilla: Whole Grain whole wheat flour, enriched flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, mono di-glycerides, salt, sugar, baking powder (sodium bicarbonate, sodium aluminum sulfate, calcium sulfate, corn starch, monocalcium phosphate), guar gum, l-cysteine. **Cheese Blend:** Cheddar Cheese (pasteurized milk, salt, enzymes annatto) Low moisture part-skim mozzarella cheese (cultured pasteurized milk, salt and enzymes).

Allergen Statement: Contains Milk, Wheat & Soy.

Heating Instructions (Cook Before Eating): Pre-Heat oven to 300°F.

Place 1 layer wrapped or bulk burritos on baking sheet.

Convection Oven: Bake 20 minutes @300°F for Bulk,

Bake 20 minutes @ 300°F for Wrap. Serve immediately.

Conventional Oven: Bake 20 minutes @ 300°F for Bulk,

Bake 22 minutes @ 300°F for Wrap. Burrito is cooked when internal temperature is 165°F. Serve immediately.

Rethermalization Instructions: (Cook before eating):

Preheat oven to 250°F. Place wrapped or bulk burritos on baking sheet. Bake for 30 minutes. Burrito is cooked when internal temperature is 165°F. Then program to hold @ 165°F.

Note: For best results, thaw burrito prior to baking.

(Oven temperatures vary so please adjust time and temperature accordingly)

BATCH COOKING IS ADVISED TO MAINTAIN QUALITY OF BURRITO!

| Nutrition Facts | |
|---------------------------|---------------------|
| Serving size | 1 burrito (163.16g) |
| Amount Per Serving | |
| Calories | 292.12 |
| Total Fat | 11.65g |
| Saturated Fat | 5.53g |
| Trans Fat | 0g |
| Cholesterol | 32.16mg |
| Sodium | 425.27mg |
| Total Carbohydrate | 30.99g |
| Dietary Fiber | 6.79mg |
| Total Sugars | 0.31g |
| Includes 0g Added Sugars | |
| Protein | 16.45g |
| Vitamin D | 0mg |
| Calcium | 294.31mg |
| Iron | 1.33mg |
| Potassium | 0mg |
| Vitamin A | 262.72 IU |
| Vitamin C | 0.00mg |

Lunch Bean & Cheese Burrito contains less than 2% non-creditable grains



Vegetarian entrée



Whole grain entrée

Shipping Information:

Gross Wt. 21.41 lbs.

Net Wt.

19.41 lbs.

Cube 0.62


Cases/Pallet

70

Tie/High 7/10

Box Dims

19 x 13¼ x 4¼


Christopher Cook - President
December 20, 2022

Washington County School District

Recipe: 001426 ENCHILADA

Recipe Source: <XXX>
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 1
Size of Portion: ENCHILADA

| | | |
|---|---|---|
| 903469 WG BEAN & CHEESE BURRITO..... R001112 ENCHILADA SAUCE..... 903462 CHEDDAR/ JACK FANCY SHRED... | 1 BURRITO 2 (2 oz Serving) 1/2 OZ | Heating to an internal temperature of 160°°. Caution: Do not over heat. Heating above 165°° may cause filling leakage. reheat Oven to 300°° Convection Oven: Frozen Heat for 16-19 min. Refrigerated: Heat 10-12 minutes. Conventional Oven: Preheat Oven to 300°° Frozen Heat for 19-23 min. Refrigerated 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 rest for 15 seconds. Heat for another 15 seconds. Let rest for 1 min. before consuming. Do not Fry. |
|---|---|---|

***Nutrients are based upon 1 Portion Size (ENCHILADA)**

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|-------------|---------|-----------------------------|
| Calories | 366 kcal | Cholesterol | 44.82 mg | Sugars | *2.33* g | Calcium | *113.86* mg | 40.67% | Calories from Total Fat |
| Total Fat | 16.56 g | Sodium | 668.10 mg | Protein | 19.74 g | Iron | *0.31* mg | 21.09% | Calories from Saturated Fat |
| Saturated Fat | 8.59 g | Carbohydrates | 35.28 g | Vitamin A | *348.43* IU | Water ¹ | 11.11 g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 7.15 g | Vitamin C | *1.33* mg | Ash ¹ | 0.31 g | 38.53% | Calories from Carbohydrates |
| | | | | | | | | 21.55% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

| Miscellaneous | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|----------------------------------|------------|-------------------|------------------|------------------------|
| Meat/Alt..... 2.500 oz | | | | ? - Milk |
| Grain..... 2.000 oz | | | | ? - Egg |
| Fruit..... cup | | | | ? - Peanut |
| Vegetable..... cup | | | | ? - Tree Nut |
| Milk..... cup | | | | ? - Fish |
| Moisture & Fat Change | | | | ? - Shellfish |
| Moisture Change. 0% | | | | ? - Soy |
| Fat Change..... 0% | | | | ? - Wheat |
| Type of Fat..... | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------|---------|---------|-------|
| I | 903469 | WG BEAN & CHEESE BURRITO | | | |

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

| | | | | | |
|---|--------|---------------------------|--|--|--|
| R | 001112 | ENCHILADA SAUCE | | | |
| I | 903462 | CHEDDAR/ JACK FANCY SHRED | | | |

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Recipe: 001112 ENCHILADA SAUCE

Recipe Source: Local
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 75
Size of Portion: 2 oz Serving

| | | |
|--|-----------|---|
| 990086 BROWN GRAVY: (Custom)..... | 1 BAG | Mix your gravy mix as directed, add tomato sauce and spices. Heat well until spices are blended. As sauce thickens add additional water to thin. DO NOT MAKE SAUCE TO RUNNY. |
| 011549 TOMATO PRODUCTS,CND,SAU..... | 1 LB | |
| 990074 Salsa, Chunky (USDA)..... | 1 LB | |
| 002047 SALT, TABLE..... | 1 dash | |
| 002030 PEPPER, BLACK..... | 1 dash | |
| 002009 CHILI POWDER..... | 2 TBSP | |
| 990035 CUMIN, GROUND..... | 1 TBSP | |
| 002020 GARLIC POWDER..... | 1/2 TBSP | |
| 019335 SUGARS, GRANULATED..... | 1/4 CUP | |
| 014429 BEVERAGES, H2O, TAP, MUNICIPAL... | AS NEEDED | |

*Nutrients are based upon 1 Portion Size (2 oz Serving)

| | | | | | | | | | |
|------------------------|----------|---------------|----------|-----------|-----------|--------------------|---------|---------|-----------------------------|
| Calories | 9 kcal | Cholesterol | 0.00 mg | Sugars | *1.01* g | Calcium | 6.31 mg | 16.98% | Calories from Total Fat |
| Total Fat | 0.17 g | Sodium | 78.38 mg | Protein | 0.13 g | Iron | 0.16 mg | 0.90% | Calories from Saturated Fat |
| Saturated Fat | 0.01 g | Carbohydrates | 1.89 g | Vitamin A | 110.94 IU | Water ¹ | 5.55 g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 0.18 g | Vitamin C | 0.67 mg | Ash ¹ | 0.16 g | 81.72% | Calories from Carbohydrates |
| | | | | | | | | 5.48% | Calories from Protein |

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| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|----------------------------------|-----|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Milk |
| Grain..... | oz | | | | ? - Egg |
| Fruit..... | cup | | | | ? - Peanut |
| Vegetable..... | cup | | | | ? - Tree Nut |
| Milk..... | cup | | | | ? - Fish |
| Moisture & Fat Change | | | | | ? - Shellfish |
| Moisture Change. | 0% | | | | ? - Soy |
| Fat Change..... | 0% | | | | ? - Wheat |

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| | | | |
|------------------|--|--|--|
| Type of Fat..... | | | |
|------------------|--|--|--|

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------------|---------|---------|-------|
| I | 990086 | BROWN GRAVY: (Custom) | | | |
| I | 011549 | TOMATO PRODUCTS,CND,SAU | | | |
| I | 990074 | Salsa, Chunky (USDA) | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002030 | PEPPER, BLACK | | | |
| I | 002009 | CHILI POWDER | | | |
| I | 990035 | CUMIN, GROUND | | | |
| I | 002020 | GARLIC POWDER | | | |
| I | 019335 | SUGARS, GRANULATED | | | |
| I | 014429 | BEVERAGES, H2O, TAP, MUNICIPAL | | | |

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