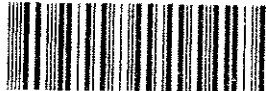


# Fernando's® 05213



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## CHICKEN AND CHEESE BURRITO

18g Whole Grain per Serving

INGREDIENTS: TORTILLA (WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CORN FLOUR, CONTAINS 2% OR LESS OF MONO AND DIGLYCERIDES, BAKING POWDER (CORN STARCH, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, SALT, GUAR GUM, SUGAR, RICE FLOUR, FUMARIC ACID, L-CYSTEINE, ENZYMES, AND SODIUM METABISULFITE), WATER, CHICKEN BREAST WITH RIB MEAT (WATER, SALT, SODIUM PHOSPHATES), PASTEURIZED PROCESS AMERICAN CHEESE (AMERICAN CHEESE (MILK CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APICAROTENALS), SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), VEGETABLE OIL, TOMATO PASTE, RICE STARCH, DEHYDRATED ONION, DEHYDRATED RED BELL PEPPER, SALT, SPICES, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SODIUM ALGINATE, CHEESE FLAVOR (DEHYDRATED BLEND OF CHEESE (BEMISOFT AND CHEDDAR PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES)), MALTODEXTRIN, AUTOLYZED YEAST, FOOD STARCH - MODIFIED, SALT, TORULA YEAST, CONTAINS LESS THAN 2% OF BUTTER, NATURAL FLAVOR, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE), NATURAL FLAVOR, SODIUM PHOSPHATE, PAPRIKA, BUTTER FLAVOR (MALTODEXTRIN, BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)), CONTAINS WHEAT SOY MILK AND GLUTEN.

Copy not for documenting  
Federal meal requirements

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EACH 5.00 OZ BURRITO PROVIDES 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 2.00 OZ 087261

EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS  
(USE OF THIS LOGO AND STATEMENT AUTHORIZED BY  
THE FOOD AND NUTRITION SERVICE, USDA 05 - 13.)

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<b>HEATING INSTRUCTIONS</b>	FRIED 360 F		MICRO		OVEN 280 F		CONVEC. 280 F		
	FROZEN	*N/R MIN.	*N/R MIN.	*N/R MIN.	*N/R MIN.	*N/R MIN.	*N/R MIN.	*N/R MIN.	
	THAWED	*N/R MIN.	*N/R MIN.	25 - 30 MIN.	15 - 22 MIN.				
Internal Temperature of product should be 160 F.								*N/R - Not Recommended	

<b>Nutrition Facts</b>	
Serving Size 1 Burrito (142 g)	
Servings Per Container 60	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 100</b>
% Daily Value*	
Total Fat 11 g	17 %
Saturated Fat 6 g	30 %
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 570 mg	24 %
<b>Total Carbohydrate 33 g</b>	<b>11 %</b>
Dietary Fiber 4 g	16 %
Sugars 3 g	
<b>Protein 17 g</b>	
***	
Vitamin A 15 %	Vitamin C 35 %
Calcium 10 %	Iron 6 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**KEEP FROZEN**



Dist. by Fernando's Foods,  
Compton, CA 90221

**NET WT. 18.75 LBS.  
60 CT/5.00 OZ.**



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