

**Fernando's**®

**05220**



00075278052204

**EGG AND CHEESE BREAKFAST BURRITO**

INGREDIENTS: TORTILLA [WATER, WHOLE GRAIN WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NAVY BEAN POWDER, SOYBEAN OIL, WHOLE GRAIN CORN FLOUR, (STONE GROUND WHOLE WHITE CORN, TRACE OF LIME), 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, ENZYME, L-CYSTEINE, AND SODIUM METABISULFITE], WATER, EGGS [WHOLE EGGS, MODIFIED CORN STARCH, SALT, CITRIC ACID, XANTHAN GUM], MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), GREAT NORTHERN WHITE BEANS, POTATOES, PASTEURIZED PROCESSED AMERICAN CHEESE [AMERICAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APOCAROTENAL)], CONTAINS 2% OR LESS OF TOMATOES, DEHYDRATED RED BELL PEPPER, SOYBEAN OIL, RICE STARCH, SEASONING [SPICES (INCLUDING CHILI PEPPERS), ONION, PAPRIKA, GARLIC, SALT], DEHYDRATED ONION, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SALT, NATURAL FLAVOR ENHANCER [DEHYDRATED SOY SAUCE (SOY SAUCE (SOYBEANS, WHEAT, SALT), MALTODEXTRIN, YEAST EXTRACT), GARLIC POWDER, SPICES, NATURAL BUTTER FLAVOR [MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)], CHEESE FLAVOR [DEHYDRATED BLEND OF CHEESE (SEMI-SOFT 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], FLAVORING (NATURAL FLAVORINGS, MALTODEXTRIN, YEAST AUTOLYZATE, DEXTRIN), CHILI PEPPER, CHIPOTLE CHILI PEPPER, SODIUM ALGINATE (PROCESSING AID)].  
CONTAINS WHEAT, SOY, MILK AND EGG.

**Nutrition Facts**

Serving Size 1 Burrito (99 g)  
Servings Per Container 90

Amount Per Serving		% Daily Value*	
<b>Calories 210</b>	<b>Calories from Fat 60</b>		
<b>Total Fat 7 g</b>		<b>11 %</b>	
<b>Saturated Fat 3.5 g</b>		<b>18 %</b>	
<b>Trans Fat 0 g</b>			
<b>Cholesterol 55 mg</b>		<b>18 %</b>	
<b>Sodium 340 mg</b>		<b>14 %</b>	
<b>Total Carbohydrate 28 g</b>		<b>9 %</b>	
<b>Dietary Fiber 4 g</b>		<b>16 %</b>	
<b>Sugars 1 g</b>			
<b>Protein 10 g</b>			
<b>Vitamin A 10 %</b>	<b>Vitamin C 25 %</b>		
<b>Calcium 10 %</b>	<b>Iron 10 %</b>		
*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			
<b>Total Fat</b>	Less than 65 g	80 g	
<b>Sat Fat</b>	Less than 20 g	25 g	
<b>Cholesterol</b>	Less than 300 mg	300 mg	
<b>Sodium</b>	Less than 2,400 mg	2,400 mg	
<b>Total Carbohydrate</b>	300 g	375 g	
<b>Dietary Fiber</b>	25 g	30 g	
Calories per gram Fat 9 • Carbohydrate 4 • Protein 4			

Copy not for documenting  
Federal meal requirements

CN

EACH 3.50 OZ BURRITO PROVIDES 1.00 OZ EQUIVALENT MEAT ALTERNATE AND 095921

1.00 OZ EQUIVALENT GRAINS

FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 06 - 17.)

CN

CN

**HEATING INSTRUCTIONS**

	FRIED 360 F	MICRO	OVEN 280 F	CONVEC. 250 F
FROZEN	*N/R MIN.	*N/R MIN.	*N/R MIN.	*N/R MIN.
THAWED	*N/R MIN.	*N/R MIN.	20-25 MIN.	10-15 MIN.

Internal Temperature of product should be 160 F. \*N/R - Not Recommended

**KEEP FROZEN**

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

**NET WT. 19.68 LBS.  
90 CT/3.50 OZ.**



123 - 7172 - 0014

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