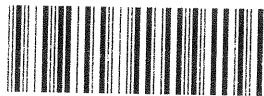


Fernando's®

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BEEF QUESADILLA

INGREDIENTS: TORTILLA (WHOLE WHEAT FLOUR, WATER, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM AND/OR SOY BEAN OIL), CORN FLOUR (STONE GROUND WHITE CORN FLOUR, TRACES OF LIME, NO ADDITIVES), CONTAINS 2% OR LESS OF THE FOLLOWING MONO AND DIGLYCERIDES, LEAVENING (CORN STARCH, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE AND MONOCALCIUM PHOSPHATE), WHEAT GLUTEN, SALT, GUAR GUM, SUGAR, RICE FLOUR, FUMARIC ACID, L-CYSTEINE HYDROCHLORIDE, ENZYMES, YEAST, SODIUM METABISULFITE AND NATURAL FLAVOR), MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), GROUND BEEF (NOT MORE THAN 26% FAT), WATER, GREEN CHILIES (GREEN CHILIES (CITRIC ACID), CONTAINS 2% OR LESS OF TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), RICE STARCH, NATURAL FLAVOR, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), SODIUM ALGINATE, SALT, SPICES, JALAPENO POWDER.
CONTAINS: WHEAT, SOY, MILK, GLUTEN

Copy not for documenting
Federal meal requirements

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EACH 2.40 OZ. QUESADILLA PROVIDES 1.00 OZ. EQUIVALENT MEAT/ MEAT 091813

ALTERNATE AND 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 11 - 14).

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HEATING INSTRUCTIONS	FRIED 360 F		MICRO		OVEN 300 F		CONVEC. 300 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.	10 - 12 MIN.	9 - 11 MIN.			
Internal Temperature of product should be 160 F. *N/R - Not Recommended								

Nutrition Facts	
Serving Size 1 Piece (68 g)	
Servings Per Container 144	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9 g	14 %
Saturated Fat 6 g	30 %
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 320 mg	13 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 2 g	8 %
Sugars 1 g	
Protein 15 g	
Vitamin A 8 %	Vitamin C 2 %
Calcium 20 %	Iron 8 %
*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. 21.60 LBS.
144 CT/2.40 OZ.



123 - 4345 - 0004