

Fernando's®**05276**

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CHICKEN 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), CHICKEN (CHICKEN, WATER, SALT, SODIUM PHOSPHATES), WATER, PASTEURIZED PROCESS AMERICAN CHEESE (AMERICAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILK FAT, SALT, COLOR (ANNATTO AND APOCAROTENAL)), CONTAINS 2% OR LESS OF ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN, LECITHIN), TOMATO PASTE, JALAPENO PUREE (JALAPENO PEPPERS, CITRIC ACID), RICE STARCH, VEGETABLE OIL, DEHYDRATED ONION, SODIUM ALGINATE, SEA SALT (POTASSIUM MAGNESIUM CHLORIDE, SALT), NATURAL FLAVOR, JALAPENO SEASONING (SPICES INCLUDING CHILI PEPPERS), ONION, PAPRIKA, GARLIC, SALT), NATURAL LIME JUICE POWDER (CORN SYRUP SOLIDS AND NATURAL FLAVORS (LIME JUICE SOLIDS, NATURAL FLAVORS), SEASONING BLEND (SPICES, GARLIC, ONION)), NATURAL FLAVOR ENHANCER (DEHYDRATED SOY SAUCE (SOY SAUCE (SOY BEANS, WHEAT, SALT), MALTODEXTRIN), YEAST EXTRACT), SPICE, NATURAL BUTTER FLAVOR (MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO AND TURMERIC (FOR COLOR)), SODIUM PHOSPHATE.

CONTAINS WHEAT, SOY, MILK AND GLUTEN

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Federal meal requirements

EACH 2.40 OZ CHICKEN QUESADILLA PROVIDES 1.00 OZ. EQUIVALENT MEAT/MEAT ALTERNATE 091395
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 09 - 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.
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 Unit (68 g)

Servings Per Container 144

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 6 g 9 %**Saturated Fat** 3.5 g 18 %**Trans Fat** 0 g**Cholesterol** 15 mg 5 %**Sodium** 350 mg 15 %**Total Carbohydrate** 18 g 6 %**Dietary Fiber** 2 g 8 %**Sugars** 1 g**Protein** 15 g**Vitamin A** 6 % - **Vitamin C** 2 %**Calcium** 15 % - **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. 21.60 LBS.
144 CT/2.40 OZ.



123 - 4345 - 0007