

# Temecula Valley Unified School District

**Recipe: 000671 ENCHILADAS, PEPPER JACK CHEESE**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: ENTREES

Alternate Recipe Name: Pepper Jack Cheese  
Enchiladas

Number of Portions: 1  
Size of Portion: EACH

902887 ENCHILADAS, PEPPER JACK CHEESE, GS#404003...	2 EACH	<ul style="list-style-type: none"> <li>Preheat oven to 350°</li> <li>Bake in single layer seam side down until product reaches 160°</li> </ul> <p><b>CCP:</b> Hold at 135° F or higher.</p>
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\*Nutrients are based upon 1 Portion Size (EACH)

Calories	332 kcal	Cholesterol	41.96 mg	Protein	15.04 g	Calcium	430.92 mg	49.22%	Calories from Total Fat
Total Fat	18.16 g	Sodium	430.92 mg	Vitamin A	112.26 RE	Iron	2.36 mg	27.65%	Calories from Saturated Fat
Saturated Fat	10.20 g	Carbohydrates	27.70 g	Vitamin A	606.68 IU	Water <sup>1</sup>	23.82 g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	2.06 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	2.02 g	33.37%	Calories from Carbohydrates
								18.12%	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  
<sup>1</sup> - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz		Y - Milk	N - Egg	
Grain..... 2.000 oz			N - Peanut	
Fruit..... cup			N - Tree Nut	
Vegetable..... cup			N - Fish	
Milk..... cup			N - Shellfish	
<b><u>Moisture &amp; Fat Change</u></b>			N - Soy	
Moisture Change. 0%			N - Wheat	
Fat Change..... 0%				
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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**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.**

# Temecula Valley Unified School District

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I	902887	ENCHILADAS, PEPPER JACK CHEESE, GS#40			
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# Product Specification and Nutritional Information

Current Revision Date: **7/1/2016** Replaces Spec Dated **%&/1/2015**



<b>Stock Code</b>		<b>Product Name</b>							
<b>64150</b>		<b>Pepper Jack Cheese Enchiladas</b>							
Bulk Pack									
<b>Net Wt. (oz)</b>	<b>Case Pack</b>	<b>Case Net Wt. (Lbs)</b>	<b>UPC/GTIN</b>	<b>Ship Wt. (Lbs)</b>	<b>Case Cube</b>	<b>Case Dimensions (in)</b>	<b>Pallet Count</b>	<b>Tie/High</b>	
<b>2.000</b>	<b>144</b>	18.00	10006574641509	19.43	0.596	19.000 L 15.500 W 3.500 H	66	6 x 11	
<b>Child Nutrition (CN) Meal Pattern Contributions<sup>1</sup></b>				<b>CN # 089443</b>	<b>CN Date 12-13</b>	<b>CN Expiration Date 12/9/2018</b>			
Each 2.000 oz. portion provides*:		Meat/Meat Alternate. (oz)	Equivalent Grains (oz)	Legume veg (cup)	Red/Orange veg (cup)	Dark Green veg (cup)	Starchy veg (cup)	Other veg (cup)	
<b>A</b>		1.00	1.00						
<b>--- OR ---</b>									
<b>B</b>		1.00	1.00						

\* - use the crediting in row A or row B, but not both. (based on the dual meat alternate/vegetable crediting for legumes.)  
1 - if there is a CN number and CN date listed, the item is CN labeled.

## Ingredient Statement

Ingredients: Filling: Pepper Jack Cheese (Monterey Jack Cheese with Jalapeño Peppers: Pasteurized Milk, Cheese Cultures, (Salt and Jalapeño Peppers) or (Jalapeño Peppers and Salt), Enzymes, and may contain Powdered Potato and/or Corn Starch (added to prevent clumping))

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

## Allergen Statement Contains MILK

## BID Specification

Enchilada-Frozen- Frozen Pepper Jack Cheese Enchiladas. Each 2 oz enchilada provides 1 OZ Meat Alternate and 1 OZ Grain EQV towards the NSLP. Whole Grain Rich Corn Tortilla CN labeled. Enchiladas are bulk packed. 144 count. Preparation instruction printed on outside of case. No more than 216 mg Sodium, Less than 28% calories from saturated fat, 0 Trans Fat, No less than 165 Kcal. Los Cabos Brand 64150

## Nutritional Information

Serving Size 2.000 oz. ( 56.70 g )  
 Servings Per Package: **1**  
 Calories (Kcal) 166.03  
 Calories from Fat 81.72  
 Protein (g) 7.52  
 Carbohydrates (g) 13.85  
 Sugars (g) 0.14  
 Tot. Dietary Fiber (g) 1.03  
 Ash (g) 1.01

% Calories from Fat 49.22%  
 % Calories from Sat Fat 27.65%

**Fats**

Total Fat (g) 9.08  
 Saturated Fat (g) 5.10  
 Trans Fat (g)\* 0.00  
 Cholesterol (mg) 20.98  
 Water (g) 11.91

### Basis of Analysis: as Cooked.

Fat Change +/- 0% Moisture Change +/- 0%  
Data Source: USDA Handbook 8

<b>Vitamins</b>	<b>%DV</b>	<b>Minerals</b>	<b>%DV</b>
Vitamin A (RE)	56.13	Iron (mg)	1.18 4%
Vitamin A (IU)	303.34 6%	Sodium (mg)	215.46
Vitamin C (mg)	0.00 0%	Calcium (mg)	201.44 20%
		Potassium (mg)	25.66

\*-Trans Fats naturally occurring

## Heating Instructions

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. In order to facilitate the easy separation of the enchiladas, remove product from the case and thaw at room temperature in a single layer on a sheet pan for 15 to 30 mins (depending on ambient temperature of the room). Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should cover enchiladas. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese or other garnish (if desired), foil and place in steam table for service. Once heated and garnished, serve product with at least a 6" spatula to transfer enchilada from pan to serving plate.

**For Additional Information, visit our website at [www.mcifoods.com](http://www.mcifoods.com) or contact:**

**M.C.I. FOODS, INC. 13013 Molette St., Santa Fe Springs, CA 90670 562-977-4000 or 800-704-4661**



Bulk Pack  
DOP: 123-16-D4

# Pepper Jack Cheese Enchiladas

144 CT -2.00 OZ.

W901

**FOR INSTITUTIONAL USE ONLY**  
**KEEP FROZEN**

CN	Each 2.00 oz. Enchilada provides 1.00 oz. equivalent meat 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 12-13.)	CN
CN		CN

Lot # **55555**

Ingredients: Filling: Pepper Jack Cheese (Monterey Jack Cheese with Jalapeño Peppers: Pasteurized Milk, Cheese Cultures, (Salt and Jalapeño Peppers) or (Jalapeño Peppers and Salt), Enzymes, and may contain Powdered Potato and/or Corn Starch (added to prevent clumping))

Whole Grain Corn Tortilla: Whole Grain Corn Flour (White corn masa flour, propionic acid (preservative), guar gum, cellulose gum, benzoic acid (preservative), Phosphoric acid (acidulant), and enzymes (to preserve freshness)), Yellow Corn Masa Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Calcium Stearate, and Silicon Dioxide to Retard Caking, trace of lime), Water.

Heating Instructions: Heat to an internal temperature of 160 deg. F. Heating times and temperatures may vary due to variation in equipment used. In order to facilitate the easy separation of the enchiladas, remove product from the case and thaw at room temperature in a single layer on a sheet pan for 15 to 30 mins (depending on ambient temperature of the room). Spray bottom of pan with a non-stick cooking spray. Arrange enchiladas end to end, seam side down, and place in pre-heated oven (300 degrees F.) for approx. 8 min to take chill off product. Remove from oven and apply chilled sauce, ensuring that ends of enchiladas are covered in sauce to avoid product becoming crispy. Sauce should fill bottom of pan and sauce level should cover enchiladas. Place in oven and heat until sauce is hot (approximately 12 - 15 min). Remove from oven. Top with shredded cheese or other garnish (if desired), foil and place in steam table for service. Once heated and garnished, serve product with at least a 6" spatula to transfer enchilada from pan to serving plate.

Stock Code

**64150**

Contains MILK

**NET WT. 18 LBS. 0.00 OZ.**

M.C.I. FOODS, INC. SANTA FE SPRINGS, CA 90670 USA

Stock Code

**64150**

Lot #

**55555**

1000657464150



10006574641509



10006574641509

CN-ENCH-NON FED WG  
CN-ENCH-NON FED WG

