

Temecula Valley Unified School District

Recipe: 000686 QUESADILLA, CHEESE ROSE&SHORE

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name: Cheese Quesadilla

Number of Portions: 1
Size of Portion: EACH

902903 QUESADILLA,CHEESE,GS#401528; ROSE&SHORE...	1 EACH	<ul style="list-style-type: none"> • Preheat oven to 375° • Bake until internal temperature reaches 165° <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold for hot service at 135° F or higher</p>
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*Nutrients are based upon 1 Portion Size (EACH)

Calories	330 kcal	Cholesterol	45.00 mg	Protein	18.00 g	Calcium	500.00 mg	49.09%	Calories from Total Fat
Total Fat	18.00 g	Sodium	530.00 mg	Vitamin A	100.00 RE	Iron	1.80 mg	30.00%	Calories from Saturated Fat
Saturated Fat	11.00 g	Carbohydrates	25.00 g	Vitamin A	500.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	2.00 g	Vitamin C	3.60 mg	Ash ¹	*N/A* g	30.30%	Calories from Carbohydrates
								21.82%	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

¹ - 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		Y - Soy	N - Peanut	
Fruit..... cup		Y - Wheat	N - Tree Nut	
Vegetable..... cup			N - Fish	
Milk..... cup			N - Shellfish	
<u>Moisture & Fat Change</u>				
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

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

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902903	QUESADILLA,CHEESE,GS#401528			
RO SE &S HO RE					

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Effective: Jul 1, 2019

CHEESE QUESADILLA (W31100)

Ingredient Statement: Tortilla (Whole Grain Wheat Flour, Bleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Contains less than 2% of: Leavening, [Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Sulfate], Salt, Sugar, Calcium Propionate [Preservative], Potassium Sorbate [Preservative], Mono- Diglycerides, Fumaric Acid, Yeast, Enzyme, L-Cysteine [Dough Conditioner]), Water, Green Chile (Green Chile Peppers, Water, Salt, Citric Acid), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, Annatto Color), American Cheese (Cultured Skim Milk and Milk, Water, Nonfat Dry Milk, Maltodextrin, Modified Food Starch, Sodium Citrate, Potassium Citrate, Salt, Color Added, Sorbic Acid [Preservative], Enzymes, Soy Lecithin [Non Sticking Agent], Cheese Powder (Whey [From Milk], Whey Protein Concentrate, Buttermilk Solids, Granular Cheese [Milk, Cheese Culture, Salt, Enzymes], Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes], Salt, Contains Less Than 2% Of Sodium Phosphate, Citric Acid, Lactic Acid), Bechamel Sauce (Dry Whole Milk, Modified Corn Starch, Coconut Oil, Maltodextrin, Corn Starch, Salt, Less Than 2% Onion Powder, Sugar, Natural Flavor, Yeast Extract, Sodium Caseinate, Mono and Diglycerides, and Sodium Silicoaluminate).

Contains: Milk, Wheat and Soy

Nutrition Facts	
Serving Size 4.20 ounces (119g)	
Servings Per Container One Quesadilla	
Amount Per Serving	
Calories 330	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 11g	54%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 530mg	22%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 18g	
Vitamin A 10%	• Vitamin C 6%
Calcium 50%	• Iron 10%
*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 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Formulation Statement

for Documenting Creditable Grains and
Meat/Meat Alternate (M/MA)
in School Meals

Product Name: Cheese Quesadillas
Code Number: W31100
Manufacturer: Rose & Shore
Serving Size: 4.20 ounces
Packaging: 48 – 4.20 ounce quesadillas per case

GRAINS

1. Does the product meet the Whole Grain-Rich criteria? **YES**
2. Does the product contain non-creditable grains? **NO**
3. Exhibit A Group: **B**

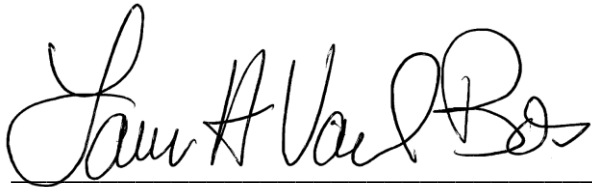
Description of Creditable Grain Amount	Grams of Creditable Grain Ingredient per Portion	Gram Standard of Creditable Grain per oz or equiv	Creditable Amount
Whole Grain Wheat Flour	17.03	16	1.06
Enriched Flour	16.36	16	1.02
Total Creditable Amount			2.08

MEAT/MEAT ALTERNATE

Description of Creditable Ingredients per Food Buyer's Guide	Ounces per Raw Portion of Creditable Ingredient	FGB Yield/ Servings per Unit	Creditable Amount
Jack and Cheddar Cheese	2.00	16/16	2.00
Total Creditable M/MA Amount			2.00

Total Weight (per portion) of the product as purchased: 4.20 ounces
 Total grain contribution of the product (per portion): 2.00 oz equivalent
 Total M/MA contribution of the product (per portion): 2.00 oz equivalent

I hereby certify that the above information is true and correct and that a 4.20 ounce serving of the above product (ready for serving) provides 2.00 ounces equivalent grains and contains 2.00 ounces of equivalent meat/meat alternate when prepared according to directions. I further certify that non-creditable grains are not above .24 ounce equivalent per portion. Products with more than .24 ounce equivalent or 3.99 grams for Groups A - G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.



Lawrence H. Vanden Bos, Vice President

EFFECTIVE: **JUL 1, 2016**