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**Bean, Cheese & Salsa Verde Tamale Pocket**  
**Code Number : BCP-600W (wrapped)**  
**BCP-600B (bulk)**

**MEAL PATTERN CONTRIBUTION**

PACK SIZE: 60

PORTION SIZE: 6 oz

Ingredient	Type	Totals
White Whole Wheat Flour	Bread	29.11 gm 57%
Corn Meal	Bread	14.56 gm 29%
Enriched Flour	Bread	7.28 gm 14%
Refried Beans	Meat/Meat Alternative	1 M/MA
Cheddar Cheese	Meat/Meat Alternative	1 M/MA

I certify that this information is true, and correct according to USDA Food Buying guide, Publication Aid#1331. This product contains **Three (3) Bread and Two (2) Meat/Meat Alternative Servings** for the Child Nutrition Meal Pattern Requirements.

6/1/2011  
 Date

*Erik Lenocker*  
 Erik Lenocker

**NUTRITION FACTS**

Serving Size:	6 oz.		
<b>Amount per Serving</b>			
Calories :	330	Calories From Fat:	120
<b>Total Fat</b>	14 g		21%
Saturated Fat	6 g		31%
Trans Fat	0 g		
<b>Cholesterol</b>	25 mg		9%
<b>Sodium</b>	390 mg		16%
<b>Total Carbohydrate</b>	38 g		13%
Dietary Fiber	3 g		14%
Sugars	1 g		
<b>Protein</b>	13 g		
Vitamin A	8%	Vitamin C	0%
Calcium	20%	Iron	15%

\*Percent daily values are based on a 2,000 calorie diet.

Your daily values may be higher or lower, depending on your calorie needs.

**INGREDIENTS :**

Water, dough flour [ stone ground white whole wheat flour, corn meal, enriched flour, all purpose shortening fully refined soybean and fully hydrogenated soybean oils. TBHQ and citric acid added to help protect freshness, dimethylpolysiloxane, and anti-foam agent, added), sugar, salt, whey (whey, corn flour sodium caseinate), garlic powder, sodium bicarbonate, dextrose, yeast (natural yeast, sorbitan monostearate, ascorbic acid), LC-5 (calcium carbonate, L-cysteine, precipitated silica, tricalcium phosphate, calcium stearate)], beans, contains soy, cheddar cheese (cultured pasteurized milk, salt, enzymes and artificial color), salsa verde (tomatillos, chiles, onions, cilantro, salt, xanthan gum, sodium benzoate as preservative, garlic powder and citric acid).

**ALLERGY INFORMATION: CONTAINS WHEAT, SOY and MILK.**

**PRODUCED IN A PEANUT-FREE ENVIRONMENT**

**SHELF LIFE:** 1 year at 10°F or lower (frozen).

% Calories from fat: 36%  
 % Calories from sat fat: 16%  
 % Product weight from sugar: <1%

**COOKING INSTRUCTIONS:**

Frozen Bake @ 350 for 20-25 minutes or until internal temperature reaches 165 degrees.

12/1/11