




7283 N. Sierra Vista Ave.  
 Fresno, CA 93720  
 Tele 559.259.5158  
 Fax: 559. 324.8465  
[www.dosrojos.com](http://www.dosrojos.com)  
[eriklenocker@sbcglobal.net](mailto:eriklenocker@sbcglobal.net)

**Bean, Cheese & Salsa Verde Tamale Pocket**  
**Code Number : BCP-400W (wrapped)**  
**BCP-400B (bulk)**

MEAL PATTERN CONTRIBUTION		
PACK SIZE:	60	
PORTION SIZE:	4 oz	
Ingredient	Type	Totals
White Whole Wheat Flour	Bread	18.96 gm 57%
Enriched Flour	Bread	4.74 gm 14%
Corn Meal	Bread	9.48 gm 29%
Refried Beans	Meat/Meat Alternative	1/2 M/MA
Cheddar Cheese	Meat/Meat Alternative	1/2 M/MA
I certify that this information is true and correct according to USDA Food Buying guid, Publication Aid #1331. This product contains <b>Two (2) Bread Servings and One (1) Meat/Meat Alternative Serving(s)</b> for the Child Nutrition Meal Pattern Requirements.		
6/1/2011 Date	 Erik Lenocker	

**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).

NUTRITION FACTS			
Serving Size:		4 oz.	
Amount per Serving			
Calories	:	220	Calories From Fat: 80
Total Fat		9 g	14%
Saturated Fat		4 g	21%
Trans Fat		0 g	
Cholesterol		20 mg	6%
Sodium		260 mg	11%
Total Carbohydrate		25 g	8%
Dietary Fiber		2 g	9%
Sugars		0 g	
Protein		9 g	
Vitamin A		4%	Vitamin C 0%
Calcium		10%	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 from fat: 36%  
 % Calories from sat fat: 16%  
 % Product weight from sugar: <1%

**COOKING INSTRUCTIONS:**

Frozen Bake @ 350 for 15-20 minutes or until internal temperature reaches 165 degrees.

12/1/11