

**CHICKEN QUESADILLA 5 OZ BULK PACK FROZEN WHOLE GRAIN**

**Nutritional Facts**

Serving Size: 5 oz (5oz)

Servings Per Container 96

**Amount per Serving**

**Calories:** 320

**Calories from  
Fat:** 99

**% Daily Value \***

**Total Fat:** 11g 17%

Saturated Fat: 2.5g 13%

Trans Fat: 0g

**Cholesterol:** 20mg 7%

**Sodium:** 770mg 32%

**Total Carbohydrate:** 38g 13%

Dietary Fiber: 4g 16%

Sugars: 5g

**Protein** 18g

Vitamin A: 6%

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:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Additional Description:**

Pizza Quesadilla provides 2 equivalent grains and 2 meat/meat alternates, 1/8 cup veg. Made with 51% Whole grain.

**Ingredients:**

WATER, WHITE MEAT CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING [HYDROLYZED CORN GLUTEN, ONION POWDER, SALT, SPICES, MALTODEXTRIN, GARLIC POWDER, CITRIC ACID, SPICE AND COLORING {CONTAIN PAPRIKA}, NATURAL FLAVORING & ARTIFICIAL FLAVORING, DISODIUM GUANYLATE, DISODIUM INOSINATE], POTATO STARCH, SODIUM PHOSPHATES), WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SOYBEAN OIL, TOMATO PASTE (NOT LESS THAN 31% NTSS), SOY FLOUR, CASEIN, CONTAINS 2% OR LESS OF: MILK PROTEIN CONCENTRATE, MODIFIED CORN STARCH, SALSA SEASONING (SALT, SUGAR, DEHYDRATED ONION AND GARLIC, DEHYDRATED JALAPENO PEPPER, CITRIC ACID, XANTHAN GUM, SPICE, DEHYDRATED CILANTRO, POTASSIUM SORBATE), SALT, MODIFIED POTATO STARCH, BAKING POWDER (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORNSTARCH, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DEXTROSE, SODIUM ALUMINUM PHOSPHATE, DOUGH CONDITIONER (WHEAT FLOUR, SALT, SOY OIL, L. CYSTEINE, ASCORBIC ACID, ENZYME), VINEGAR, WHEAT GLUTEN, CHEDDAR CHEESE FLAVOR (CHEDDAR, BLUE AND SEMI-SOFT CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, WHEY, SALT, CITRIC ACID), DISODIUM PHOSPHATE, MOZZARELLA CHEESE TYPE FLAVOR (CHEESE [MILK, CULTURE, RENNET, SALT], MILK SOLIDS, DISODIUM PHOSPHATE), LACTIC ACID, SORBIC ACID (PRESERVATIVE), PAPRIKA ANNATTO BLEND (NATURAL EXTRACTIVES OF ANNATTO SEEDS AND PAPRI

**Allergens**

Allergen	Does Not Contain	Contains	May Contain	No Data
CRUSTACEAN				✓
EGGS				✓
FISH				✓
GLUTEN				✓
LACTOSE				✓
MILK		✓		
MUSTARD				✓
PEANUTS				✓
SOY		✓		
TREE NUTS				✓
WHEAT		✓		

## CHIP, TORTILLA YELLOW ROUND

Nutritional Facts			
Serving Size: 2 oz (57gr)			
Amount per Serving		Calories from Fat: 130	
Calories: 290		% Daily Value*	
Total Fat:	14g		22%
Saturated Fat:	1.5g		8%
Trans Fat:	0g		
Cholesterol:	0mg		0%
Sodium:	210mg		9%
Total Carbohydrate:	36g		12%
Dietary Fiber:	4g		16%
Sugars:	0g		
Other Carbohydrate:			
Protein	4g		
Vitamin A:			0%
Vitamin C:	2.5mg		4%
Calcium:	40mg		4%
Iron:	1mg		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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### Ingredients:

WHOLE GRAIN CORN, SUNFLOWER OIL AND/OR CORN OIL, SALT

### Additional Description:

PERFECT PORTION, ALA CARTE OR CONCESSIONS, MADE WITH WHOLE GRAIN CORN

### Preparations and Cooking Instructions:

READY TO SERVE