



Product Specification and Nutritional Information

Current Revision Date: **8/9/2023** Replaces Spec Dated **5/8/2023**



Stock Code		Product Name									
98750		Two Cheese & Green Chile Tamale Wrapped in an Eco-Friendly Paper Husk									
Individually Wrapped											
Net Wt. (oz)	Case Pack	Case Net Wt. (Lbs)	UPC/ GTIN	Ship Wt. (Lbs)	Case Cube	Case Dimensions (in)	Pallet Count	Tie/High			
5.100	60	19.13	10706574987507	21.66	0.880	11.625 L 11.625 W11.250 H	72	12 x 6			
Child Nutrition (CN) Meal Pattern Contributions ¹									CN # 100173	CN Date 03-23	CN Expiration Date 3/20/2028
Each 5.100 oz. portion provides*:		Meat/Meat Alternate. (oz)	Equivalent Grains (oz)	Legume veg (cup)	Red/Orange veg (cup)	Fruit Serving (cup)	Starchy veg (cup)	Other veg (cup)			
A		2.00	2.00								
--- OR ---											
B		2.00	2.00								

* - 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: Corn Masa: Corn Masa Flour (White Corn Treated with Hydrated Lime), Water, Vegetable Stock [Water, Vegetable Stock Base (Vegetables [Onions, Tomatoes, Potatoes, Carrots, and Celery], Salt, Yeast Extract, Corn Starch, Corn Oil, Onion Powder, Sugar, Natural Flavoring)], Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, May Contain Powdered Cellulose (to prevent caking)], Palm Oil, Brown Rice Flour (Long Grain Brown Rice, Stabilized Rice Bran), Contains 2% or Less of: Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Soy Flour, Garlic Powder and Sea Salt. Filling: Two Cheese Blend [Low-Moisture Part-Skim Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, May Contain Powdered Cellulose [to prevent caking]) and Pepper Jack Cheese (Monterey Jack Cheese with Jalapeno Peppers [Pasteurized Milk, Cheese Culture, Jalapeno Peppers, Salt, Enzymes]), May Contain Powdered Cellulose (to prevent caking)], Fire Roasted Diced Green Chiles (Green Chile Peppers, Salt, Citric Acid. May Also Contain Water and Calcium Chloride), Contains 2% or Less of: Jalapeno Peppers (May Contain One or More of the Following: Water, Salt, Citric Acid and Calcium Chloride) and Modified Food Starch (Refined From Corn).

Allergen Statement Contains MILK, SOY

BID Specification

Tamale -Frozen, Two Cheese and Green Chile. Each 5.10 oz tamale provides 2.00 OZ Meat/Meat Alternate and 2.00 OZ EQV Grains towards the NSLP. CN Labeled.
Preparation instruction printed on outside of case. Tamales are wrapped in an eco-friendly paper husk and individually wrapped in ovenable film containing high impact graphics. 60 count. No more than 720 mg Sodium, Less than 25% calories from saturated fat, 0 Trans Fat added, No less than 340 Kcal. Hand held-Fully cooked. Los Cabos Brand 98750

Nutritional Information

Serving Size 5.100 oz. (144.59 g)
Servings Per Package: **1**
Calories (Kcal) 344.53
Calories from Fat 162.09
Protein (g) 15.95
Carbohydrates (g) 29.66
Sugars (g) 1.58
Tot. Dietary Fiber (g) 2.56
Ash (g) 2.65
Added Sugars (g) 0.02

% Calories from Fat 47.05%
% Calories from Sat Fat 24.74%
% Sugar 1.09%

Fats

Total Fat (g) 18.01
Saturated Fat (g) 9.47
Trans Fat (g)* 0.00
Cholesterol (mg) 35.98
Water (g) 74.03

Basis of Analysis: as Cooked.

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

Vitamins

	%DV	Minerals	%DV
Vitamin A (RAE) 131.1	15%	Iron (mg) 0.87	6%
Vitamin A (IU) 457.59		Sodium (mg) 711.45	
Vitamin C (mg) 2.45	2%	Calcium (mg) 418.55	30%
Vitamin D (mcg) 2.13	10%	Potassium (mg) 300.09	6%

*-Trans Fats naturally occurring

Heating Instructions

Heating Instructions: Tamales are precooked. FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. DO NOT OPEN WRAPPER before heating. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. CONVECTION OVEN: Preheat Oven to 350 deg. F. Frozen: Heat for 30-40 min. Refrigerated: Heat for 20-25 min. CONVENTIONAL OVEN: Preheat Oven to 350 deg. F. Frozen: Heat for 35-45 min. Refrigerated: Heat for 25-30 min. MICROWAVE (results may vary): Frozen: Heat on High for 1 min. Flip and heat for another 40-50 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 50 seconds. Flip and heat for another 15-25 seconds. Let rest for 1 min. before consuming. CAUTION: Contents will be hot, be careful when removing preprinted outer wrapper & paper husk prior to consumption.

For Additional Information, visit our website at 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



Two Cheese & Green Chile Tamale

Wrapped in an Eco-Friendly Paper Husk

Individually Wrapped
DOP: 219-23-D4

FOR INSTITUTIONAL USE ONLY
KEEP FROZEN

CN		100173
Each 5.10 oz. tamale provides 2.00 oz. equivalent meat alternate and 2.00 oz.		
CN	equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03-23).	CN
CN		

60 CT - 5.10 OZ.

WC135 PF301

Lot # **78787**

Ingredients: Corn Masa: Corn Masa Flour (White Corn Treated with Hydrated Lime), Water, Vegetable Stock [Water, Vegetable Stock Base (Vegetables [Onions, Tomatoes, Potatoes, Carrots, and Celery], Salt, Yeast Extract, Corn Starch, Corn Oil, Onion Powder, Sugar, Natural Flavoring)], Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, May Contain Powdered Cellulose (to prevent caking)], Palm Oil, Brown Rice Flour (Long Grain Brown Rice, Stabilized Rice Bran), Contains 2% or Less of: Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), Soy Flour, Garlic Powder and Sea Salt. Filling: Two Cheese Blend [Low-Moisture Part-Skim Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, May Contain Powdered Cellulose [to prevent caking]) and Pepper Jack Cheese (Monterey Jack Cheese with Jalapeno Peppers [Pasteurized Milk, Cheese Culture, Jalapeno Peppers, Salt, Enzymes]), May Contain Powdered Cellulose (to prevent caking)], Fire Roasted Diced Green Chiles (Green Chile Peppers, Salt, Citric Acid. May Also Contain Water and Calcium Chloride), Contains 2% or Less of: Jalapeno Peppers (May Contain One or More of the Following: Water, Salt, Citric Acid and Calcium Chloride) and Modified Food Starch (Refined From Corn).

Heating Instructions: Tamales are precooked. FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE. DO NOT OPEN WRAPPER before heating. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. CONVECTION OVEN: Preheat Oven to 350 deg. F. Frozen: Heat for 30-40 min. Refrigerated: Heat for 20-25 min. CONVENTIONAL OVEN: Preheat Oven to 350 deg. F. Frozen: Heat for 35-45 min. Refrigerated: Heat for 25-30 min. MICROWAVE (results may vary): Frozen: Heat on High for 1 min. Flip and heat for another 40-50 seconds. Let rest for 1 min. before consuming. Refrigerated: Heat for 50 seconds. Flip and heat for another 15-25 seconds. Let rest for 1 min. before consuming. CAUTION: Contents will be hot, be careful when removing preprinted outer wrapper & paper husk prior to consumption.

Stock Code

Produced in the USA

98750

Contains MILK, SOY

NET WT. 19 LBS. 2.00 OZ.

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

Stock Code
98750
Lot #
78787

10706574987507

CN TAMALES NF WG
CN TAMALES NF WG

10706574987507



"See The Difference - Taste Our Success"®

KEEP FROZEN

TAMALE

TWO CHEESE & GREEN CHILE

WRAPPED IN AN ECO-FRIENDLY PAPER HUSK

NET WT. 5.10 OZ. (145g)

INSPECTED BY THE
U.S. DEPT. OF AGRICULTURE
IN ACCORDANCE WITH
FNS REQUIREMENTS



98750 Two Cheese & Green Chile Tamale 5.10 oz

Nutrition Facts

60 servings per container

Serving size 1 Tamale (145g)

Amount per serving

Calories 340

% Daily Value*

Total Fat 18g 23%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 710mg 31%

Total Carbohydrate 30g 11%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 2mcg 10% • Calcium 419mg 30%

Iron 1mg 6% • Potassium 300mg 6%

Vitamin A 131mcg 15% • Vitamin C 2mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.