



Product Specification and Nutritional Information

Current Revision Date: **4/26/2023** Replaces Spec Dated **10/18/2022**



Stock Code		Product Name									
99750		Two Cheese & Green Chile Tamale Wrapped in an Eco-Friendly Paper Husk									
Bulk Pack											
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	10706574997506	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 bulk packed. 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 99750

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: FOR BEST RESULTS, HEAT FROM A REFRIGERATED STATE AND ADD OPTIONAL WATER DURING HEATING. Leave husks on during heating. Place tamales on a sheet pan. OPTIONAL: Add approx. 1 cup ambient temperature water into a full sheet pan (approx. 30 tamales). Heat uncovered. 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 300 deg. F. Frozen: Heat for 30-35 min. Refrigerated: Heat for 20-25 min. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: 35-40 min. Refrigerated: 25-30 min. Remove 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

Bulk Pack
DOP: 081-23-D4

FOR INSTITUTIONAL USE ONLY
KEEP FROZEN

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

60 CT - 5.10 OZ.

WC135 PK015

Lot #

77777

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).

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Stock Code

Produced in the USA

99750

Contains MILK, SOY
NET WT. 19 LBS. 2.00 OZ.

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

Stock Code
99750
Lot #
77777

10706574997506

CN TAMALE NF WG
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10706574997506





99750 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.	