



Effective: July 1, 2012

TURKEY HAM & CHEESE WRAPPED IN A TORTILLA
DELI STICK (C63019)

Ingredient Statement: Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); Whole Grain Tortilla (whole wheat flour, enriched bleached flour [flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, contains 2% or less of the following: baking powder [corn starch, sodium acid pyrophosphate, sodium bicarbonate and monocalcium phosphate], salt, wheat gluten, mono and di-glycerides, guar gum, sugar, rice flour, fumaric acid, l-cysteine, sodium metabisulfite); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes);
 Contains: Milk, Wheat and Soy

Nutrition Facts	
Serving Size 4.65 ounces (132g)	
Servings Per Container One	
Amount Per Serving	
Calories 300	Calories from Fat 120
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	% Daily Value*
Total Fat 13g	21%
Saturated Fat 6g	31%
Cholesterol 60mg	20%
Sodium 910mg	38%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	10%
Sugars 1g	
Protein 18g	
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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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	224.65	295.15
Calories from Fat	91.68	120.86
Calories from Saturated Fat	41.67	54.94
Protein	13.99 g	18.44 g
Carbohydrates	10.98 g	14.47 g
Dietary Fiber	1.87 g	2.46 g
Soluble Fiber	0.21 g	0.28 g
Insoluble Fiber	0.27 g	0.36 g
Sugar - Total	0.74 g	0.98 g
Other Carbohydrates	9.29 g	14.61 g
Fat - Total	10.19 g	13.43 g
Saturated Fat	4.63 g	6.10 g
Mono Fat	2.78 g	3.66 g
Poly Fat	2.03 g	2.68 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	45.60 mg	60.11 mg
Vitamin A	196.24 IU	258.69 IU
Thiamin - B1	0.24 mg	0.32 mg
Riboflavin - B2	0.26 mg	0.35 mg
Niacin - B3	2.43 mg	3.20 mg
Vitamin - B6	0.04 mg	0.05 mg
Vitamin - B12	0.49 mcg	0.64 mcg
Biotin	0.63 mcg	0.83 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.27 mg	0.36 mg
Folate	28.33 mcg	37.35 mcg
Vitamin K	5.21 mcg	6.87 mcg
Calcium	143.89 mg	189.68 mg
Chloride	177.20 mg	233.60 mg
Copper	0.01 mg	0.01 mg
Iron	1.76 mg	2.32 mg
Magnesium	11.70 mg	15.42 mg
Phosphorus	212.39 mg	279.98 mg
Potassium	125.68 mg	165.68 mg
Sodium	689.07 mg	908.40 mg
Zinc	1.44 mg	1.90 mg



MEAL PATTERN CONTRIBUTION

Product: Turkey Ham & Cheese Wrapped in a Tortilla (Deli Stick)
Whole Grain Rich

Code Number: C63019

Manufacturer: Rose & Shore

Packaging: 50 - 4.65 ounce deli sticks, individually wrapped

<u>MEAL COMPONENT</u>	<u>TYPE</u>	<u>YIELD</u>
Meat/Meat Alternate	1.95 ounces turkey ham .80 ounces cheddar cheese	2.00 oz per portion
Bread/Bread Alternate	1.83 ounce enriched tortilla (Whole grain rich white wheat tortilla) 16.5 grams white wheat flour 15.9 grams enriched bleached flour	2 servings
Fruit/Vegetable	None	

I hereby certify that the above information is calculated using the USDA Food Buying Guide, Publication Aid #1331 (as amended) and is true and correct. This product contains 2 meat/meat alternate servings and 2 whole grain rich bread servings per unit to contribute to the USDA meal pattern requirements as specified in the Food Buying Guide.

Lawrence H. Vanden Bos, Vice President

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