



Formulation Statement

for Documenting Creditable Grains and
Meat/Meat Alternate (M/MA)
in School Meals

Product Name: Cheese Quesadillas
Code Number: W31100
Manufacturer: Rose & Shore
Serving Size: 4.20 ounces
Packaging: 48 – 4.20 ounce quesadillas per case

GRAINS

1. Does the product meet the Whole Grain-Rich criteria? **YES**
2. Does the product contain non-creditable grains? **NO**
3. Exhibit A Group: **B**

Description of Creditable Grain Amount	Grams of Creditable Grain Ingredient per Portion	Gram Standard of Creditable Grain per oz or equiv	Creditable Amount
Whole Grain Wheat Flour	17.03	16	1.06
Enriched Flour	16.36	16	1.02
Total Creditable Amount			2.08

MEAT/MEAT ALTERNATE

Description of Creditable Ingredients per Food Buyer's Guide	Ounces per Raw Portion of Creditable Ingredient	FGB Yield/ Servings per Unit	Creditable Amount
Jack and Cheddar Cheese	2.00	16/16	2.00
Total Creditable M/MA Amount			2.00

Total Weight (per portion) of the product as purchased: 4.20 ounces
 Total grain contribution of the product (per portion): 2.00 oz equivalent
 Total M/MA contribution of the product (per portion): 2.00 oz equivalent

I hereby certify that the above information is true and correct and that a 4.20 ounce serving of the above product (ready for serving) provides 2.00 ounces equivalent grains and contains 2.00 ounces of equivalent meat/meat alternate when prepared according to directions. I further certify that non-creditable grains are not above .24 ounce equivalent per portion. Products with more than .24 ounce equivalent or 3.99 grams for Groups A - G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.



Lawrence H. Vanden Bos, Vice President

EFFECTIVE: **JUL 1, 2015**



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CHEESE QUESADILLA (W31100)

Ingredient Statement: Whole Grain Tortilla (whole grain wheat flour, bleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, palm oil, contains 2% or less of the following: leavening [sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum sulfate], salt, sugar, calcium propionate, potassium sorbate, mono and di-glycerides, fumaric acid, yeast, enzymes, l-cysteine); Monterey Jack Cheese (cultured pasteurized milk, salt, enzymes); Reduced Fat Cheese Sauce (pasteurized process reduced fat American Cheese [American cheese {milk, cheese culture, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenal], water, modified food starch); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes); Diced Green Chiles (green chilies, water, salt, citric acid and calcium chloride); Modified Food Starch.

Contains: Milk, Wheat and Soy

Nutrition Facts	
Serving Size 4.20 ounces (119g)	
Servings Per Container One Quesadilla	
Amount Per Serving	
Calories 330	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 11g	54%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 530mg	22%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 18g	
Vitamin A 10%	• Vitamin C 6%
Calcium 50%	• 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: 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	280.76	334.29
Calories from Fat	136.41	162.42
Calories from Saturated Fat	81.59	97.15
Protein	14.73 g	17.54 g
Carbohydrates	21.02 g	25.03 g
Dietary Fiber	2.02 g	2.40 g
Soluble Fiber	0.25 g	0.30 g
Sugar - Total	1.48 g	1.76 g
Other Carbohydrates	21.36 g	25.43 g
Fat - Total	15.16 g	18.05 g
Saturated Fat	9.07 g	10.79 g
Mono Fat	4.64 g	5.53 g
Poly Fat	0.82 g	0.97 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	39.36 mg	46.87 mg
Vitamin A	401.33 IU	477.85 IU
Thiamin - B1	0.17 mg	0.20 mg
Riboflavin - B2	0.27 mg	0.33 mg
Niacin - B3	1.78 mg	2.11 mg
Vitamin C	3.30 mg	3.93 mg
Vitamin E Alpha-Tocopherol	0.40 mg	0.48 mg
Calcium	441.06 mg	525.15 mg
Iron	1.64 mg	1.95 mg
Magnesium	35.37 mg	42.12 mg
Phosphorus	300.09 mg	357.30 mg
Potassium	122.21 mg	145.51 mg
Sodium	447.97 mg	533.39 mg
Zinc	2.04 mg	2.42 mg