



SUNRISE FOODS

CHICKEN AND CHEESE QUESADILLA

54610



Nutrition Facts

Serving Size: 4oz (113g)
Servings Per Container: 60

Amount Per Serving
Calories 245 Calories from Fat 102

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fatty Acids 0 g	
Cholesterol 24mg	8%
Sodium 331mg	14%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 10g	

Vitamin A 3% ● Vitamin C 1%
Calcium 18% ● Iron 7%

Percent Daily Values are based on a diet of 2,000 calories depending on your calorie needs:

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 ● Carbohydrate 4 ● Protein 4

Child Nutrition contributions

Meat / Meat Alternate
1.5 ounces

Bread
2 servings

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Each 4.0oz Chicken and Cheese Quesadilla provides 1.5oz equivalent meat/meat alternate and 2.0 servings of bread alternate for the Child Nutrition Meal Pattern requirements (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 01/07)

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HANDLING INSTRUCTIONS: KEEP FROZEN
COOKING INSTRUCTIONS: SPRAY WITH FOOD RELEASE TO PREVENT STICKING. CONVECTION: 350 F FOR 10 MIN. TEMPERATURES MAY VARY.



contains Milk, Wheat, and Soy

NET WT. 15. LBS. 4.0oz 60ct.

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Robert Keeler

4/12/2007

Date