

PRODUCT INFORMATION: all natural ingredients, no artificial colors/flavors

Product Name:	WG Black Bean & Cheese Empanada, 5.2 oz, IW	Date: 01/01/2026
Item Number:	50461	Superseding: 01/01/2025
Pack/ Size:	80 units/cs	
Product Attributes:	High Protein (20 grams), Calcium and Iron option for lunch or supper.	



USDA Meal Contribution/Formulation Statement:

GRAINS

Does product meet Whole Grain Rich criteria?	Yes, Whole Wheat	CONTAINS: MILK, WHEAT, SOY MANUFACTURED IN A FACILITY THAT PROCESSES EGG. <i>Made in a peanut free and tree nut free facility.</i>
Does product contain non-creditable grains?	No	

Grain Crediting by Weight: 2.0 oz eq.

Description of Creditable Grain Ingredient?	Grams of Creditable Grain ingredient per Portion? (A)	Gram Standard of Creditable Grain per oz equivalent? (B)	Creditable Amount (A/B)
Whole Wheat Flour	7.52	16 g	0.47
Enriched Wheat Flour	16.1	16 g	1
Whole Grain Cornmeal	8.7	16 g	0.54

Total Creditable Amount by Weight: 2.0 oz grain eq.

Grain Crediting by Exhibit A: 2.0 oz eq.

Exhibit A Group:	Description of Product	Portion Size of Product As Purchased (A)	Weight of One Ounce Equivalent As Listed In SP-30-2012 (B)
Group B	Pizza Crust (meat alt filled)	5.5 (crust 2 oz)	2.4 oz
Whole Grain Grams per serving	16.22 g		2.0 oz/1.0 oz = 2.0 oz eq.

Meat/Meat Alternative by Weight: 2.0 oz eq.

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	FBG Yield/Servings per unit	Creditable Amount (A/B)
Natural Cheese, Cheddar	1.5	1 oz	1.5
Beans, Black Refried	1.25	47.10/108	0.545

Total Creditable M/MA Amount: 2 oz MA

Legume Crediting: 1/4 cup

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	FBG Yield/Servings per unit	Creditable Amount (1/2 cups)
Beans, Black Refried	1.25	49.50/115	0.54

Total Creditable Legume: 1/4 cup - Beans & Legume vegetables may be counted towards the meat/meats alternatives or vegetable components, but not as both simultaneously.

PACKAGING SPECIFICATIONS

Case Cube:	0.98 f^3
Case Gross Weight:	27 #
Case Net Weight:	26 #
Case Dimensions (in):	15.375 x 12.75 x 8.625
Pallet TI/Hi:	8 x 9
UPC FOR CASE (UPC-A 12 digit):	0711341504613
Julian Manufacture Date Case Label Example:	Manufacture Date/Julian Date/Year (MD/51/25)
Storage Requirements:	FROZEN: 18 MONTHS REFRIGERATED: 3 DAYS AMBIENT: N/A
Shelf Life:	18 MONTHS FROZEN FROM MANUFACTURE DATE
Buy American Compliant?	YES
Heating/Serving Instructions:	Convection or Conventional Oven: Preheat oven to 325°F using high fan. Arrange product in a single layer on a baking sheet. Bake for 15-17 minutes.

Ingredients:

CRUST: ENRICHED WHEAT FLOUR (enriched with niacin, iron, thiamine, mononitrate, riboflavin, malted barley, folic acid), WHOLE GRAIN CORNMEAL, WHOLE WHEAT FLOUR, WATER, CANOLA OIL, SUGAR, Contains less than 2% YEAST, SALT. FILLING: REFRIED BLACK BEANS, CHEDDAR CHEESE, WATER, CHILI SEASONING, RICE FLOUR, SOY LECITHIN.

Baked Nutritional Information:



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
80 servings per container Serving size 1 Each (147g)		Total Fat 14g	18%	Total Carbohydrate 58g	21%
		Saturated Fat 6g	30%	Dietary Fiber 6g	21%
		Trans Fat 0g		Total Sugars 3g	
		Cholesterol 35mg	12%	Includes 2g Added Sugars	4%
		Sodium 430mg	19%	Protein 20g	
Calories per serving	420	Vitamin D 0mcg 0% • Calcium 237mg 20% • Iron 3mg 15% Potassium 210mg 4%			

*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.

I certify the above is true and correct.

Laura Bruno, RD, SNS
President, Buena Vista Foods