



Date: 2.8.24  
Superseding: 12.14.23

# WG Breakfast Empanada 3.25oz

Buena Vista Food Products, 823 W. 8th Street, Azusa, CA 91702 626.815.8859  
Buena Vista is a Peanut Free and Tree Nut free facility.

## Product Information

Product Name:	WG Breakfast Empanada, 3.25oz
Item Number:	53551 IW / 53541 BULK

## USDA Meal Contribution / Formulation Statement

### GRAINS

Does product meet Whole Grain Rich criteria? (at least 50% or 1st ingredient?)	Yes, WG Corn Meal and Whole Wheat	Contains: Wheat, Milk, Egg May Contain: Soy *This product is manufactured in a facility that processes Wheat, Milk, Egg and Soy
Does product contain non-creditable grains?	Yes, Corn Starch (0.3g)	

### Grain Crediting by Weight: 1.75 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 Grain Cornmeal	7.7	16	0.481
Whole Wheat Flour	6.52	16	0.4075
Enriched Wheat Flour	14.1	16	0.88

Total Creditable Amount by Weight: 1.75 eq.

### Grain Crediting by Exhibit A: 2.0 oz eq.

Exhibit A: Group (A-I)	Description of Product	Portion Size of Product as Purchased (A)	Weight of one ounce equivalent as listed in SP-30-2012 (B)
Group C	Pie Crust (meat alt filled)	3.25 oz (crust 2.25oz)	1.2 oz
Whole Grain Grams Per Serving:	14.22 g		2.25 oz / 1.2 oz = 1.75 oz eq.

### Meat/Meat Alternate Crediting 1oz eq.

Description of Creditable Ingredient per FBG?	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Servings per Unit	Creditable Amount
Natural Cheese, Mozzarella	0.35	X	1 oz	0.35
Scrambled Eggs,	0.65	X	1 oz	0.65

Total Creditable M/MA Amount: 1oz MA

## Product Details:

Units per Case:	100 units/cs
Case Cube:	0.98 f <sup>3</sup>
Case Gross Weight:	21.31 #
Case Net Weight:	20.31 #
Case Dimensions (in):	15.375 X 12.75 X 8.625
Pallet Tie:	8 x 9
GTIN-12 Code:	0711341535518 IW / 0711341535419 BULK
Manufacture Date Example:	Manufacture Date/Julian Date/Year (MD/51/23)
Cooking Instructions:	Either Convection or Conventional Oven: Preheat oven to 325°F using high fan. Arrange product in a single layer on baking sheet. Bake for 15-17 minutes. This product must be cooked to internal temperature of 165 degrees.
Storage Requirements:	Store Frozen at 0F
Shelf Life:	18 Months Frozen

## Ingredients:

CRUST: WHOLE GRAIN (CORNMEAL, WHOLE WHEAT FLOUR), ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CANOLA OIL, WHEAT GLUTEN, SUGAR, CITRIC ACID, SALT, YEAST, FUMARIC ACID, ASCORBIC ACID. FILLING: SCRAMBLED EGGS, MOZZARELLA CHEESE, POTATOES, GREEN SALSA (GREEN CRUSHED TOMATILLOS, JALAPENO PEPPERS, ONIONS, SALT, CITRIC ACID, CILANTRO, GARLIC), WATER, CHILE PEPPERS, RICE FLOUR, MODIFIED FOOD STARCH.

I certify the above is true and correct:

Laura Bruno, RD, SNS  
President, Buena Vista Foods



## Nutrition Facts

1 servings per container  
Serving size  
3.25 oz (92g)

Calories per serving **230**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 5g	6%	Total Carbohydrate 37g	13%
Saturated Fat 2g	10%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 80mg	27%	Includes 2g Added Sugars	4%
Sodium 230mg	10%	Protein 12g	

Vitamin D 1mcg 6% • Calcium 81mg 6% • Iron 2mg 10%  
Potassium 118mg 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.