

SIDES

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Great Sides to Pair with Any Dish



Queso Blanco Sauce



Cilantro Brown Rice



Yuca Cheese Bites



Yuca Fries

SIDES



Based on 1 Serving	Queso Blanco Sauce	Plantains	Yuca Fries	Tostones, Green Plantains	Cilantro Brown Rice	Spanish Brown Rice	Tropical Mixed Vegetable Medley FC	Pineapple Tidbits - IOF	Yuca Cheese Bites	Plantain Chips	Plantain Chips Individual bag	Papaya - IOF
* Percent Daily Values are based on a 2,000 calorie diet. Daily values may be higher or lower depending on your calorie needs	Serving Size: (57 g / 1.995 oz)	Serving Size: 2 Slices (85 g)	Serving Size: 2 Pieces (68 g)	Serving Size: 2 Tostones (75 g / 2.65 oz)	Serving Size: (66 g / 2.32 oz)	Serving Size: (77 g / 2.72 oz)	Serving Size: (67 g / 1/2 cup)	Serving Size: (100 g / 0.6 cup)	Serving Size: About 5 Yuca Bites (100 g)	Serving Size: (28 g / 1 oz)	Serving Size: (28 g / 1 oz)	Serving Size: (53 g / 1.86 oz)
Manufacturer Commodity #	470705	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Manufacturer Commercial #	470705	470615	470620	470680	470695	470700	470745	470755	470760	470765	470770	471020
Portions Per Case	240	134	192	144	275	235	163	174	53	56	24	206
Serving Size	2.00 oz	2.86 oz	2.00 oz	2.65 oz	2.32 oz	2.72 oz	2.37 oz	2.20 oz	6.04 oz	2.86 oz	3.00 oz	1.86 oz
Pack size	6 - 5 lb Bags	4 - 6 lb Bags	4 - 6 lb Bags	4 - 6 lb Bags	8 - 5 lb Bags	8 - 5 lb Bags	4 - 6 lb Bags	4 - 6 lb Bags	4 - 5 lb Bags	5 - 2 lb Bags	24 - 3.00 oz Bags	4 - 6 lb Bags
Net Weight (lbs)	30.00	24.00	24.00	24.00	40.00	40.00	24.00	24.00	20.00	10.00	4.50	24.00
Gross Weight (lbs)	32.00	25.00	25.00	25.00	42.00	42.00	25.00	25.00	22.00	12.00	6.50	25.00
Shelf Life (Months)	18	24	24	24	12	12	24	24	24	6	6	24
Calories	120	150	130	150	100	130	60	50	294	140	140	20
Calories from Fat	N/A	N/A	N/A	N/A	N/A	30	N/A	N/A	155	N/A	N/A	N/A
Total Fat	9 g / 12%	3 g / 4%	4 g / 6%	2.0 g / 3%	0.5 g / 1%	3.5 g / 5%	0 g / 0%	0 g / 0%	17 g / 26%	8 g / 10%	8 g / 10%	0 g / 0%
Saturated Fat	5 g / 25%	0.5 g / 3%	2 g / 10%	0.3 g / 2%	0 g / 0%	0.5 g / 3%	0 g / 0%	0 g / 0%	4 g / 20%	1.5 g / 8%	1.5 g / 8%	0 g / 0%
Trans Fat	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g	0 g
Cholesterol	25 mg / 8%	0 mg / 0%	0 mg / 0%	0 mg / 0%	0 mg / 0%	0 mg / 0%	0 mg / 0%	0 mg / 0%	17 mg / 6%	0 g / 0%	0 g / 0%	0 g / 0%
Sodium	410 mg / 18%	0 mg / 0%	170 mg / 7%	0 mg / 0%	120 mg / 5%	260 mg / 11%	6 mg / 0%	109 mg / 3%	466 mg / 19%	140 mg / 6%	140 mg / 6%	0 g / 0%
Total Carbohydrates	3 g / 1%	29 g / 11%	23 g / 9%	31 g / 11%	21 g / 8%	23 g / 8%	13 g / 5%	13.12 g / 4%	33 g / 11%	17 g / 6%	17 g / 6%	6 g / 2%
Dietary Fiber	0 g / 0%	1 g / 5%	2 g / 7%	2 g / 7%	1 g / 4%	1 g / 4%	2 g / 6%	1.4 g / 6%	3 g / 12%	3 g / 12%	3 g / 12%	<1g / 3%
Sugars	2 g	24 g	<1g	<1g	1 g	1 g	0 g	9.85 g	0 g	0 g	0 g	4 g
Protein	5 g	1 g	<1g	1 g	2 g	3 g	<1g	0.5 g	2 g	1 g	1 g	<1g
Vitamin A	N/A	N/A	N/A	N/A	N/A	2%	N/A	1.2%	N/A	N/A	N/A	N/A
Vitamin C	N/A	N/A	N/A	N/A	N/A	4%	N/A	80%	N/A	N/A	N/A	N/A
Vitamin D	0%	0%	0%	0%	0%	N/A	0%	N/A	N/A	N/A	N/A	0%
Calcium	210 mg / 15%	4 mg / 0%	11 mg / 0%	0%	10 mg / 0%	2%	11 mg / 2%	1.3%	12%	0%	0%	10 mg / 0%
Iron	0 mg / 0%	0.35 mg / 2%	0 mg / 0%	0.4 mg / 2%	0 mg / 0%	4%	0.2 mg / 2%	1.7%	N/A	0%	0%	0.13 mg / 0%
Potassium	20 mg / 0%	406 mg / 9%	240 mg / 5%	390 mg / 8%	55 mg / 2%	N/A	180 mg / 4%	N/A	2 g / 4%	170 mg / 4 %	170 mg / 4 %	95 mg / 2%
Credits	2.00 oz Serving Meat - 1 oz eq.	2 Plantains = 1/4 cup fruit or starchy vegetable serving	2 Yuca Fries = 1/4 cup equivalent of starchy vegetable credit.	2 Tostones = 1/4 cup equivalent of starchy vegetable credit.	2.32 oz Serving Grain - 1.00 oz eq.	2.72 oz Serving Grain - 1.00 oz eq.	2.37 oz = 1/4 cup other vegetable serving	Each 1/4 cup serving of fruit is 2.20 oz	Each 5 ball serving contains 1/2 cup starchy vegetable. Meat - 2 oz eq.	2.86 oz = 1/4 cup fruit or starchy vegetable serving	1 Bag = 1/4 cup fruit or starchy vegetable serving	1.86 oz. = 1/4 cup fruit serving
Allergens	Milk, Soy	None	None	None	None	None	None	None	Milk	None	None	None





THESE SIDES PAIR GREAT WITH OUR OTHER PRODUCTS

Manufacturer Commodity #	Manufacturer Commercial #	Description	Portions Per Case	Serving Size (oz.)	Pack Size	Net Weight (lbs)	Gross Weight (lbs)	Shelf Life (months)
Burritos								
470456	470456	Mini Chicken Anaheim Burrito*	96	4.50	3 bags of 32 Burritos	27.00	29.00	18
470461	470466	Mini Beef Barbacoa Burrito*	96	4.60	3 bags of 32 Burritos	27.60	29.60	18
470471	470476	Mini Pork Carnita Burrito*	96	4.60	3 bags of 32 Burritos	27.60	29.60	18
N/A	470640	Vegetarian Bean And Cheese Burrito - IW	96	5.50	96 IW Bulk	33.00	35.00	18
N/A	470655	Vegetarian Bean And Cheese Burrito	96	5.50	3 bags of 32 Burritos	33.00	35.00	18
Tamales								
471005	471005	Chicken & Cheese Tamale	192	2.50	8 - 24 ct. packs	30.00	32.00	18
471025	471010	Beef & Cheese Tamale	160	3.25	10 - 16 ct. packs	32.50	34.50	18
471030	471015	Pork & Cheese Tamale	160	3.25	10 - 16 ct. packs	32.50	34.50	18
N/A	471000	Hatch Green Chiles & Cheese Tamale	192	2.50	8 - 24 ct. packs	30.00	32.00	18
Jamaican Patties								
470710	470610	Mild Jamaican Style Beef Patties	100	5.50	2 bags of 50 patties	34.38	36.88	18
470735	470740	Mild Jamaican Style Beef Patties - IW	100	5.50	100 IW patties	34.38	36.88	18
470715	470665	Spicy Jamaican Style Beef Patties	100	5.50	2 bags of 50 patties	34.38	36.88	18
471040	471050	Spicy Jamaican Style Beef Patties - IW	100	5.50	100 IW patties	34.38	36.88	18
N/A	470670	Curry Chicken Jamaican Style Patty	100	5.50	2 bags of 50 patties	34.38	36.88	18
Shredded Meats								
470490	470490	Chicken Shreds	293	2.02	5 - 7.4 lb. bags	37.00	39.00	18
470495	470495	Beef Shreds	244	2.36	5 - 7.2 lb. bags	36.00	37.55	18
470505	470510	Pork Shreds	239	2.23	5 - 6.7 lb. bags	33.50	35.50	18
471045	471045	Chicken Tinga	253	2.54	8 - 5.02 lb. bags	40.16	42.06	12

MAKE THE COMIDA VIDA CALL!
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