



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, March 2014)

Visit us at www.fns.usda.gov/fdd

110393- TORTILLA, WHOLE GRAIN, FROZEN, 27 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> These frozen 8 inch whole grain tortillas are made of whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The tortillas meet the Healthier US School Challenge whole grain criteria for a whole grain food.
PACK/YIELD	<ul style="list-style-type: none"> 12/24 ct pouches per 27 lb case. One 27 lb case AP yields about 288 tortillas. One pouch AP yields about 24 tortillas. CN Crediting: 1 Whole grain tortilla made with whole wheat flour provides 1.5 oz grains equivalent.
STORAGE	<ul style="list-style-type: none"> Store frozen whole grain tortillas at 0°F or below in original shipping case off the floor. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Whole grain tortilla, 8 inch

	1 tortilla (44 g)
Calories	120
Protein	4.0 g
Carbohydrate	20 g
Dietary Fiber	3 g
Sugars	1 g
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	100 mg
Sodium	340 mg
Magnesium	0 mg
Potassium	0 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, March 2014)

Visit us at www.fns.usda.gov/fdd

110393- TORTILLA, WHOLE GRAIN, FROZEN, 27 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Follow manufacturer's directions on package.
USES AND TIPS	<ul style="list-style-type: none"> The whole grain tortilla may be served as deli wrap with turkey ham, low-fat cheese, shredded lettuce, and low-fat dressing. It may also be used to make burritos, soft tacos, and quesadillas.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."