



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, September 2013)

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**100938 - TORTILLA, WHOLE WHEAT, FROZEN, 27 LB**

**Nutrition Information**

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

Whole wheat 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



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

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.

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