



Nutrition and Ingredient Statement

Product Name: Pepper Jack Cheeseburger
Product Code: FG1003
Serving Size: 1 each (4.20 ounces)
Portions/Case: 36

Nutrition Facts	
Serving Size 1 entree (4.20 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 320	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	15%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 17g	
Vitamin A 2%	• Vitamin C 15%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

WHOLE GRAIN WHITE WHEAT HAMBURGER BUN (WHOLE GRAIN WHEAT FLOUR, ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, SUGAR, YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, RICE FLOUR, ROLLED OATS, RYE MEAL, WHEAT BRAN, BARLEY FLAKES, MILLET, MONOGLYCERIDES, YELLOW CORN MEAL, TRITICALE, VINEGAR, CALCIUM PROPIONATE, POTASSIUM CHLORIDE, SODIUM STEAROYL LACTYLATE, SODIUM GLUCONATE, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID), FULLY COOKED BEEF BURGER (GROUND BEEF [NOT MORE THAN 20% FAT], SALT, FLAVOR, NATURAL FLAVOR), PEPPER JACK CHEESE (PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURES, SALT, ENZYMES).

Allergens:

Contains Milk, Wheat.

Notes:

Contributes 2 oz MMA, 2 oz eq Grain

This nutritional data is approximated. It was derived by calculation from information supplied by our vendors, and from commercially available databases.

Debbie Blacher
Signature

Debbie Blacher
Printed Name

CEO
Title

June 15, 2020
Date

debbie@wholesomekitchens.com
Email

407-421-9529
Phone



Product Formulation Statement

Product Name: Pepper Jack Cheeseburger

Serving Size: 1 each (4.20 ounces)

I certify that the above information is true and correct and that a 4.20 oz serving of the above product contains 2.00 oz of equivalent meat/meat alternate and 2.00 oz equivalent grains when prepared according to directions. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Debbie Blacher

Signature

CEO

Title

debbie@wholesomekitchens.com

Email

Debbie Blacher

Printed Name

June 15, 2020

Date

407-421-9529

Phone