



*New Bold Flavors
Students Crave!*

NEW!

**SRIRACHA
CHICKEN**

CERTIFIED
TO MEET GUIDELINES OF THE
**SMART
SNACKS**
IN SCHOOL
PROGRAM

NEW!

**EGG,
TURKEY SAUSAGE
& CHEESE**

**RANCHERO
BEEF**

**SOUTHWEST
CHICKEN**



- Made with whole grain rich tortillas.
- Serving bags provided in every case.
- Bake in oven then hold in warmer for up to 4 hours.
- Free signage available!
- Main Menu Meal Solutions (see back)

Master Case UPC	Product Number	Case Pack	Product Description	Net Case Weight	Gross Weight	Case Cube	Tier & High	Case Dimensions
1 00 71007 86596 8	86596	3/8/2.79 oz.	Southwest Chicken in a Whole Grain Tortilla	4.185 lbs	4.815 lbs	0.25	22 x 8	10.81x7.56x5.25
1 00 71007 86249 3	86249	3/8/2.79 oz.	Ranchero Beef in a Whole Grain Tortilla	4.185 lbs	4.815 lbs	0.25	22 x 8	10.81x7.56x5.25
NEW! 1 00 71007 86122 9	86122	3/8/2.79 oz.	Sriracha Chicken in a Whole Grain Tortilla	4.185 lbs	4.815 lbs	0.25	22 x 8	10.81x7.56x5.25
NEW! 1 00 71007 86026 0	86026	3/8/2.79 oz.	Egg, Turkey Sausage & Cheese in a Whole Grain Tortilla	4.185 lbs	4.815 lbs	0.25	22 x 8	10.81x7.56x5.25



Ruiz Foods is a certified minority owned and managed company, certificate number SC05406.

For more information visit ruizfoodservice.com/schools, contact your Ruiz Sales Representative or email: newcustomers@ruizfoods.com

©2016 Ruiz Food Products, Inc.
RF# 0716-7526



MAIN MENU MEAL SOLUTIONS



Incorporate Tornados into your main menu program as a main dish. Simply add nutritious sides and serve a completely balanced meal kids are sure to love. Here are four main menu plans with all the nutritional information provided!

MEAL #1		Calories (kcal)	Sodm (mg)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	M/MA	Gr Eq	F/Veg	Legume	Milk
	Southwest Chicken, Cheese & Vegetable WG Tornado	160	280	6	1.5	22	1	6	0.25	1	0	0	0
	Lentils of the southwest Recipe Veg I-24r (1/2 cup- 4 fl oz ladle)	137.32	283.66	1.84	0.22	21.92		9.12	2	0	0	0	0
	Brown Rice Pilaf USDA Recipe B-22 (1/2 cup- No. 8 scoop)	112	54	0.79	0.17	23.15		2.76	0	1	0	0	0
	Baby Carrots 4.5 oz	50	90	0	0	12	6	1	0	0	1	0	0
	Red Grapes 1/2 cups	54	0	0	0	15	14	0.67	0	0	1	0	0
	Milk Chocolate	120	180	0	0	20	18	8	0	0	0	0	1
	Totals	633.32	887.66	8.63	1.89	114.07	39	27.55	2.25	2	2	0	1

MEAL #2		Calories (kcal)	Sodm (mg)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	M/MA	Gr Eq	F/Veg	Legume	Milk
	Southwest Chicken, Cheese & Vegetable WG Tornado	160	280	6	1.5	22	1	6	0.25	1	0	0	0
	Hummus Recipe E-24 (1/2 cup - No. 8 scoop)	182	301	7.9	1.44	22.37	0	7.49	2	0	0	0	0
	Mission FS White Round Tortilla Chips Unsalted 08617 (1 oz=10 chips)	140	15	7	3	17	0	2	0	1	0	0	0
	Baby Carrots 4.5 oz	50	90	0	0	12	6	1	0	0	1	0	0
	Red Grapes 1/2 cups	54	0	0	0	15	14	0.67	0	0	1	0	0
	Low-fat 1% milk	110	130	2.5	1.5	13	12	8	0	0	0	0	1
	Totals	696	816	23.4	7.44	101.37	33	25.16	2.25	2	2	0	1

MEAL #3		Calories (kcal)	Sodm (mg)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	M/MA	Gr Eq	F/Veg	Legume	Milk
	Ranchero Steak & Cheese WG Tornado	180	350	6	1.5	23	2	8	0.5	1	0	0	0
	Cheese string mozzarella cheese IW	80	200	6	4	1	0	7	1	0	0	0	0
	Brown Rice Pilaf USDA Recipe B-22 (1/2 cup- No. 8 scoop)	112	54	0.79	0.17	23.15	0	2.76	0	1	0	0	0
	Bushs best low sodium black beans (1/4 cup) mix beans into rice	120	140	0.5	0	23	1	7	0.5	0	0	0	0
	Romaine Lettuce 1 cup	10	0	0	0	2	0	0	0	0	1	0	0
	Fruit Apple	70	0	0	0	19	14	0	0	0	1	0	0
	Milk Chocolate	120	180	0	0	20	18	8	0	0	0	0	1
	Totals	692	924	13.29	5.67	111.15	35	32.76	2	2	2	0	1

MEAL #4		Calories (kcal)	Sodm (mg)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	M/MA	Gr Eq	F/Veg	Legume	Milk
	Ranchero Steak & Cheese WG Tornado	180	350	6	1.5	23	2	8	0.5	1	0	0	0
	Taco Salad healthier Kansas Recipe 78 USDA D-13 modified (1 salad)	205	215.9	12.76	6.07	6.07	0	17.02	2	0	0.625	0	0
	Mission FS White Round Tortilla Chips Unsalted 08617 (1 oz=10 chips)	140	15	7	3	17	0	2	0	1	0	0	0
	Green Beans frozen (.67 cup)	30	0	0	0	6	2	1	0	0	1	0	0
	Strawberries 1/2 cup	25	0	0	0	12.5	4.5	0	0	0	1	0	0
	Low-fat 1% milk	110	130	2.5	1.5	13	12	8	0	0	0	0	1
	Totals	690	710.9	28.26	12.07	77.57	20.5	36.02	2.5	2	2.625	0	1



Ruiz Foods is a certified minority owned and managed company, certificate number SC05406.

For more information visit ruizfoodservice.com/schools, contact your Ruiz Sales Representative or email: newcustomers@ruizfoods.com

©2016 Ruiz Food Products, Inc.
RF# 0716-7526