



## FRITOS® BURRITO WITH FRITOS® BEAN DIP

### Each Serving Provides:

**1.5 oz. Meat/MMA**  
(3 oz. Fritos® Bean Dip = 1 oz. MMA + .5 oz. cheese)  
**1/8 c. Vegetables (Red/ Orange)** – 1/8 c. Salsa  
**2.5 oz. eq. Grain** (10" WGR tortilla (62g) = 2 OEG + .5 oz. Fritos® Corn Chips = .5 OEG

### FRITOS® Burrito with FRITOS® Bean Dip

INGREDIENT	QUANTITY 100 servings	1 Serving
<a href="#">FRITOS® Bean Dip</a>	100 cans	1 can
USDA RF Cheddar Cheese	3 lbs. + 2 oz.	.5 oz.
10" WGR Flour Tortilla Mission Smart Hearty Grains	100	1
<a href="#">FRITOS® Corn Chips</a>	3 lbs. + 2 oz.	.5 oz.
canned Green Chile	1 Qt. + 1 Pt. + 1/4 c.	1 Tbsp.
USDA low sodium salsa	3 Qts. + 1/2 c.	1/8 c.

### PREPARATION

1. Spread 3 oz. FRITOS® Bean Dip onto a 10" flour tortilla. Add 1/8 c. salsa and 1 tbsp. Green Chiles on top of bean dip. Top with cheese and FRITOS® Corn Chips.
2. Heat on griddle until cheese is melted but tortilla is still soft.
3. Fold up bottom of tortilla and roll the tortilla, pressing mixture as it is rolled.
4. Place in foil and hold for hot service at 140°F or higher. Serve with additional salsa if desired.

### Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	401
Saturated Fat	3.2
Sodium	963mg