

# 6" Whole Wheat Tortillas



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

## Product Information



LFS code: LFS053  
Producer: Tortillas con Madre  
Tortillas/package: 12  
Packages/case: 28  
Case Weight: 14 lbs.  
Servings/case: 168

## Product Description

Organic whole wheat, 6-inch tortilla

Ingredients: Organic whole wheat flour, water, organic sunflower seed oil, sea salt, aluminum-free non-GMO baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate)

## Food Safety

For information on safe storage, cooking temperatures, and handling practices:

[Washington State Retail Food Code](#) and  
[Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

## Crediting & Yield

- Two 6-inch tortilla provides 1.25 oz. eq. grains.

Serving Size: 2 tortillas (38 g)  
Meat or M/A: ---  
Grain: 1.25 oz eq grains  
Vegetables: ---  
Fruit: ---

*Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.*

## Culinary Tips & Resources

- Warm tortillas on a skillet or in the oven for tacos, wraps, or quesadillas.
- Layer tortillas in casseroles or enchiladas for baked dishes.
- Cut tortillas into triangles, lightly coat with oil, and bake at 375°F for 8-12 minutes until crispy to use as chips or as a crunchy topping for soups and salads.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

## Recipe Ideas

- [Peach Pork Tacos – ICN Recipe Box](#)
- [Fiesta Wrap – ICN Recipe Box](#)
- [Chicken Enchilada – ICN Recipe Box](#)
- [Salmon Tacos – ICN Recipe Box](#)

Note: This tortilla may contribute a different amount of ounce equivalent grains to the meal pattern than the tortilla used in the above recipes. It is the responsibility of the SFA to ensure standardized recipes and menus meet meal pattern requirements.

## Nutrition Facts

Serving Size: 2 tortillas (38 g) / 1.25 oz eq grains

### Amount Per Serving

**Calories 130**

Calories from Fat 45

**Total Fat** 5g

Sat. Fat 1g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Carbohydrates** 16g

Dietary Fiber 1g

Sugars 1g

**Protein** 4g