

Beef Taco Walking

Servings:	1.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef Taco Walking

Nutrition Information

Calories	334.45	Protein	16.70g
Fat	16.36g	SaturatedFat	5.42g
Trans Fat	0.23g	Cholesterol	42.60mg
Carbohydrates	30.76g	Fiber	2.68g
Sugar	1.79g	Sodium	401.27mg
Iron	1.69mg	Vitamin C	4.64mg
Vitamin A	653.12IU	Calcium	134.68mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4/25 Ounce	242489	LETTUCE SHRD TACO 1/8CUT 4-5 RSS	
2 1/2 Ounce	722330	TACO FILLING BEEF REDC FAT 6- 5 COMM	
1/2 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	
10 Piece	162980	CHIP TORTL WHT TRI 5-1.5 GFS	

Preparation Instructions

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY (NOT INCLUDED IN THE NUTRITION'S)

SALSA

SOUR CREAM