

Cheese Quesadilla

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

Cheese Quesadilla

Nutrition Information

Calories	330.00	Protein	15.00g
Fat	21.00g	SaturatedFat	13.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	21.00g	Fiber	2.00g
Sugar	1.00g	Sodium	895.00mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	600.00IU	Calcium	320.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	882700	TORTILLA FLOUR ULTRGR 8 18-12CT	READY TO EAT
1/2 Cup	861960	CHEESE AMER SHRP SHRD 4-5 LOL	READY TO EAT

Preparation Instructions

One tortilla shell add 1/2 cup of cheese bake at 350 until it reaches and internal temperature of 140

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 CALCULATED IN NUTRITION'S)

SALSA

SOUR CREAM