

Cookbook for Oregon CUSD 220

Created by HPS Menu Planner

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Taco Dipper

Tossed Salad

Taco Dipper

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

taco dipper, with lettuce & cheese & tortilla chips

Nutrition Information

Calories	318.91	Protein	24.34g
Fat	13.96g	SaturatedFat	5.99g
Trans Fat	0.00g	Cholesterol	64.50mg
Carbohydrates	23.97g	Fiber	3.00g
Sugar	0.00g	Sodium	676.14mg
Iron	2.51mg	Vitamin C	30.00mg
Vitamin A	5300.00IU	Calcium	279.60mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Ounce	768230	TURKEY TACO MEAT FC 4-7 JENNO	Prepare taco meat as directions on box indicate. Hold at 135* or above.
1 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
1/4 Cup	344721	Shredded Cheddar redu fat/sodium	
1 Package	696871	CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.

Preparation Instructions

Tossed Salad

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

Tossed Salad

Nutrition Information

Calories	72.10	Protein	2.47g
Fat	2.80g	SaturatedFat	0.50g
Trans Fat	0.02g	Cholesterol	3.00mg
Carbohydrates	11.00g	Fiber	2.87g
Sugar	6.67g	Sodium	69.57mg
Iron	0.99mg	Vitamin C	22.87mg
Vitamin A	1504.28IU	Calcium	38.96mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	153121	LETTUCE SALAD TINY CHOP 55/45 4-5	
4 Each	129631	TOMATO GRAPE SWT 10 MRKN	
1 Each	699981	DRESSING RNCH LT LO SOD 200- 12GM GFS	

Preparation Instructions

WASH HANDS.

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

Portion 1 cup of lettuce into individual salad bowls and top with tomato. Serve with dressing packet.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41oF.

Child Nutrition: 1 salad provides= 1/2 cup dark green vegetable, 1/4 cup "other" vegetable, 1/8 cup red/orange vegetable Updated October 2013