

Savory Southwest Salad

Servings:	10.00
Serving Size:	1.00 salad
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Twist on your common taco salad

Nutrition Information

Calories	527.56	Protein	20.96g
Fat	25.67g	SaturatedFat	8.88g
Trans Fat	0.14g	Cholesterol	46.56mg
Carbohydrates	59.12g	Fiber	12.00g
Sugar	3.45g	Sodium	730.62mg
Iron	5.48mg	Vitamin C	68.27mg
Vitamin A	10963.42IU	Calcium	380.43mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
20 Cup	451730	LETTUCE ROMAINE RIBBONS 6-2 RSS	
2 1/2 Cup	129631	TOMATO GRAPE SWT 10 MRKN	3 per salad
2 1/2 Cup	100348	Corn, Whole Kernel, No Salt Added, Frozen	Make sure corn is thawed
2 1/2 Cup	557714	BEAN BLACK 6-10 GRSZ	- get at forks maybe?. Drained
2 1/2 Cup	150250	CHEESE CHED MLD SHRD 4-5 LOL	
20 Ounce	725320	CHIP YEL RND TORTL 12-16Z BRRLOFUN	Bag ahead of time and place on top of salad. Each bag should have 20 chips
15 Ounce	722330	TACO FILLING BEEF REDC FAT 6-5 COMM	

Preparation Instructions

To prepare each salad:

Place 2 cups of romaine lettuce on bottom of salad container

In one corner place 3 cherry tomatoes. In another corner place 1/4 cup of corn. In the third corner place 1/4 cup of black beans. In the fourth corner place 1/4 cup of cheese.

Place a bag filled with 20 tortilla chips on top of salad

Optional: Students can take 1.5 oz of taco meat (in a two oz container).

Serve with homemade ranch dressing. (see recipe)