

Cookbook for Test School District

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Cookbook for David G School

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Table of Contents

No Recipes found

Cookbook for HPS Elementary School - test

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Table of Contents

No Recipes found

Cookbook for HPS High School - test

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for middle school 2

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Sample School (Do not Alter Menu)

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for sean sean

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Test Elementary School

Created by HPS Menu Planner

Table of Contents

No Recipes found

Cookbook for Test High School 2

Created by HPS Menu Planner

Table of Contents

[Beef Taco](#)

Beef Taco



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1953
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	100 Each		702633
TACO FILLING BEEF REDC FAT 6-5 COMM	18 3/4 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	10 Pound		150250
LETTUCE BLND ROMAINE MXD 4-5 RSS	1/2 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8 2-5 RSS	6 1/4 Pound	Use scoop # 30 1 oz. of diced tomatoes per taco	786543

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

Meal Components (SLE)

Amount Per Serving

Meat	3.49
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	1.00
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		383.23	
Fat		21.44g	
SaturatedFat		12.60g	
Trans Fat		0.27g	
Cholesterol		81.12mg	
Sodium		777.58mg	
Carbohydrates		20.33g	
Fiber		3.16g	
Sugar		4.23g	
Protein		26.38g	
Vitamin A	1090.41IU	Vitamin C	4.73mg
Calcium	378.87mg	Iron	2.01mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cookbook for Test High School

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Table of Contents

No Recipes found

Cookbook for Test Middle School

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Table of Contents

No Recipes found