

Cookbook for Keys Grace Academy

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Tatcho

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NO IMAGE

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41997
School:	Keys Grace Academy		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF R/SOD	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	175983
POTATO TATER TOTS	8 Piece	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
SAUCE CHS CHED	1 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081
SALSA 103Z	1 1/2 Ounce		452841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.025
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving

Calories	206.80
Fat	11.45g
SaturatedFat	4.84g
Trans Fat	0.00g
Cholesterol	51.55mg
Sodium	639.83mg
Carbohydrates	10.61g
Fiber	1.37g
Sugar	1.55g
Protein	14.81g
Vitamin A 517.98IU**	Vitamin C 0.00mg**
Calcium 126.69mg	Iron 2.54mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available