

Cookbook for Calhoun County Youth Center

Created by HPS Menu Planner

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Taco Salad

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 40.000 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-56540 |
| School: | Calhoun County Youth Center | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|---------------|---|------------|
| yellow corn tortilla chips | 2560 grams | about 20 chips | 163020 |
| LETTUCE ROMAINE RIBBONS | 60 Cup | | 451730 |
| TURKEY TACO MEAT FC | 100 Ounce | | 768230 |
| TOMATO 6X6 LRG | 10 Cup | diced | 199001 |
| Shredded Mild Cheddar Cheese | 5 1/5 Cup | READY_TO_EAT Preshredded. Use cold or melted | 150250 |
| DRESSING FREN RED CALIF | 80 Tablespoon | READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Customize this dressing by adding some honey for a sweeter taste or yogurt for a creamier taste. Create new flavorful salads or a flavorful new marinade for your burger patties. | 330795 |

Preparation Instructions

1. Heat the turkey taco meat and black beans, seperately, until >165F
2. Place approximately 20 chips into a styrofoam clamshell, top with lettuce, taco meat, black beans, tomato and cheese.

Serve with cupped french dressing, sour cream packets and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.098 |
| Grain | 2.857 |
| Fruit | 0.000 |
| DarkGreen | 0.750 |
| Red/Orange | 0.250 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.500 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Each

| Amount Per Serving | |
|------------------------------|---------------------------|
| Calories | 519.26 |
| Fat | 25.12g** |
| Saturated Fat | 4.44g |
| Trans Fat | 0.00g |
| Cholesterol | 45.82mg |
| Sodium | 703.73mg |
| Carbohydrates | 58.13g |
| Fiber | 6.62g |
| Total Sugar | 8.75g |
| Added Sugar | 5.00g |
| Protein | 18.96g |
| Vitamin A 374.85mcg** | Vitamin C 6.17mg** |
| Calcium 129.77mg | Iron 3.32mg |

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

Nutrition - Per 100g

No 100g Conversion Available