

TACO SALAD - Single Serving



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-25839
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Pint		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHIP NACHO REDC FAT	1 Ounce	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.	456090
TOMATO GRAPE SWT	1/2 Cup		129631
TACO FILLING BEEF REDC FAT 6-5 COMM	1 1/2 Ounce		722330

Preparation Instructions

Place Romaine in salad container. May cup up cheese, tomatoes, and taco meat or add to salad as you wish. May add a legume if you wish. Adding a legume will change the nutritional value. Serve with your favorite dressing or use Homemade Taco Salad Dressing. Serve with Nacho Doritos.

Meal Components (SLE)

Amount Per Serving

Meat	2.266
Grain	1.500
Fruit	0.000
GreenVeg	0.021
RedVeg	0.562
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	364.92
Fat	19.35g
SaturatedFat	9.82g
Trans Fat	0.00g
Cholesterol	55.69mg
Sodium	595.22mg
Carbohydrates	31.19g
Fiber	6.05g
Sugar	6.45g
Protein	18.78g
Vitamin A 749.70IU	Vitamin C 12.33mg
Calcium 367.34mg	Iron 1.48mg

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

Nutrition - Per 100g

No 100g Conversion Available