

SOFT TACO WITH BEEF AND CHEESE and GOLDFISH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30724
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TORTILLA FLOUR 8IN	1 Each		713330
CRACKER GLDFSH CINN	1 Package		194510

Preparation Instructions

Use # 20 scoop for taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
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	384.20
Fat	15.29g
SaturatedFat	6.92g
Trans Fat	0.00g
Cholesterol	41.81mg
Sodium	698.20mg
Carbohydrates	44.44g
Fiber	3.58g
Sugar	9.58g
Protein	17.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 270.93mg	Iron 4.56mg

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

Nutrition - Per 100g

No 100g Conversion Available