

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-12214
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	#10 Disher or 3/8 cup	722330
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	Use Commodity Brown Box when available or GFS#150250	150250
LETTUCE SALAD TINY CHP 55/45	1 1/2 Cup	Can also use GFS#735787 or GFS#451730 or GFS#119491 or GFS#242489	153121

Preparation Instructions

1. Place taco meat bags in a 2 inch steam pan.
2. Steam for 30 minutes or until 160 degrees.
3. Open bags of taco meat and put meat into a 4 inch pan.
4. Place lid on taco meat and put in warmer.
5. In boats prep 1 1/2 cup lettuce and 1 Tablespoon of cheese. Hold boats in cooler until service
6. For service place taco meat on top of lettuce and cheese in the boat while serving.

Updated 5.16.23

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.519
RedVeg	0.000
OtherVeg	0.519
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	161.35
Fat	7.05g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	41.50mg
Sodium	343.20mg
Carbohydrates	9.40g
Fiber	4.07g
Sugar	4.07g
Protein	16.37g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.72mg	Iron 2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available