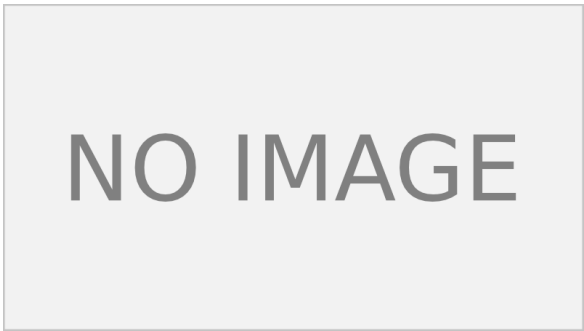


TACO SALAD - Single Serving



| | | | |
|---------------|------------------------|----------------|-------------------|
| 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 | 1.320 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 1.000 |
| RedVeg | 0.500 |
| 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