

# TACO SALAD WITH COOKIE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-26343
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 Package	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
Double Fudge Cookie	1 Each	THAW	3233WGR
Taco Salad Dressing	1 Serving		R-26281

## 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

<b>Meat</b>	2.270
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.560
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	590.12		
<b>Fat</b>	29.53g		
<b>SaturatedFat</b>	11.89g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	62.79mg		
<b>Sodium</b>	893.62mg		
<b>Carbohydrates</b>	63.17g		
<b>Fiber</b>	8.09g		
<b>Sugar</b>	24.88g		
<b>Protein</b>	20.82g		
<b>Vitamin A</b>	749.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	367.34mg	<b>Iron</b>	1.51mg

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

## Nutrition - Per 100g

No 100g Conversion Available