

NACHOS WITH BEEF AND CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28279
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce		163020
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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		17.29g	
SaturatedFat		5.42g	
Trans Fat*		0.00g	
Cholesterol		41.81mg	
Sodium		478.20mg	
Carbohydrates		44.44g	
Fiber		5.58g	
Sugar		1.58g	
Protein		17.09g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	204.93mg	Iron	3.56mg

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

Nutrition - Per 100g

No 100g Conversion Available