

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