

# Jr SQUIRE TOTCHOS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39553
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS	3/4 Cup	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce	Blue scoop	722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.750

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		198.80	
<b>Fat</b>		11.23g	
<b>SaturatedFat</b>		4.84g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		41.81mg	
<b>Sodium</b>		479.40mg	
<b>Carbohydrates</b>		11.16g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		13.93g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	143.13mg	<b>Iron</b>	1.65mg

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

## Nutrition - Per 100g

No 100g Conversion Available