

HOMEMAADE TACO MEAT and CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51678
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Taco meat	2 Ounce	Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.	R-43889
CHEESE AMER SHRD R/F	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.270
Grain	0.000
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: 2.00 Each

Amount Per Serving			
Calories		203.86	
Fat		13.54g	
SaturatedFat		5.03g	
Trans Fat*		1.87g	
Cholesterol		56.31mg	
Sodium		615.19mg	
Carbohydrates		3.99g	
Fiber		0.71g	
Sugar		1.22g	
Protein		17.40g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	101.27mg	Iron	0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available