

Chicken Quesadilla-Homemade

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52526
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight USDA Brown Box Commodity	100101
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1/4 Cup	USDA Brown Box Commodity	100012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	1.500
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		322.00	
Fat		13.00g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		62.00mg	
Sodium		403.00mg	
Carbohydrates		31.00g	
Fiber		4.00g	
Sugar		2.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
