

Breakfast Taco



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-23201
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO BKFST WGRAIN IW 50-2.5Z	1 Each		825910

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.000
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: 1.00 Serving

Amount Per Serving	
Calories	140.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat*	0.00g
Cholesterol	50.00mg
Sodium	360.00mg
Carbohydrates	17.00g
Fiber	1.00g
Sugar	1.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available