

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