

Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37399
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup	N/A	722330
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity---If not available use GFS#150250	100012

Preparation Instructions

Cook taco filling according to manufactures directions and hold in warmer until ready for service.

To serve student should get 1 tortilla with 1/2 cup (4 oz spoodle) of taco meat and 2 Tablespoon of shredded cheese.

Updated 12.11.25

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	3.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	362.00
Fat	14.17g
Saturated Fat	6.90g
Trans Fat	0.00g
Cholesterol	55.33mg
Sodium	644.66mg
Carbohydrates	36.17g
Fiber	5.67g
Total Sugar	4.67g
Added Sugar	0.00g
Protein	24.83g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	100.00mg
Iron	2.77mg

Nutrition - Per 100g

No 100g Conversion Available
