

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

Amount Per Serving

Meat/Meat Alternate	0.750
Grain	1.000
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 Serving

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

Nutrition - Per 100g

No 100g Conversion Available