

Hard Taco

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52800
School:	Walton-Verona Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED MLD SHRD FTHR	1 Ounce		411841
SHELL TACO CORN WGRAIN 5IN	2 Each		714350

Preparation Instructions

Assemble Taco

Serve Lettuce and Tomato to top

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.393
Grain	2.000
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 Each

Amount Per Serving	
Calories	262.89
Fat	13.90g
Saturated Fat	4.87g
Trans Fat	0.00g
Cholesterol	47.18mg
Sodium	375.13mg
Carbohydrates	18.57g
Fiber	3.23g
Total Sugar	1.89g
Added Sugar	0.00g
Protein	16.64g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 156.42mg	Iron 0.95mg

Nutrition - Per 100g

No 100g Conversion Available