

Chicken Fajita

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56025
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each		713330
Diced Chicken	2 Ounce	Heat chicken to 165 and season with fajita mix	
Shredded Cheddar Cheese	1 Ounce		100003
SEASONING FAJITA MIX	1/4 Teaspoon	1 package per 10# of chicken	518298

Preparation Instructions

Take 2 wrap and fill each one with 1 oz of fajita meat

Top with cheese

Student can top fajita with fajita blend

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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	304.50
Fat	14.00g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	558.50mg
Carbohydrates	21.75g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	21.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available