

Cheese Quesadilla - Elementary



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55030

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER SHRD R/F	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950
Azteca 6 Inch Ultragrain Flour Tortillas, Refrigerated, 12 Ct Bag, 30/Box	2 Each	READY_TO_EAT THIS IS A REFRIGERATED PRODUCT THAT CAN BE USED DIRECTLY FROM THE BAG.	882690

Preparation Instructions

DIRECTIONS

To assemble the quesadillas:

Spray a sheet pan with pan release spray.

Place the tortillas on the sheet pans

Spread 1/4 cup of cheese on each tortilla.

Place another tortilla on top of the cheese.

Spray tops of tortillas with cooking spray to aid in browning.

Bake the quesadillas at 350 degrees F for 10 minutes or until cheese melts.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

Portion 1 quesadilla with salsa per serving. Each portion provides 2oz. eq. of meat/meat alternate, 2oz. eq. whole grains, and ¼ cup red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

Nutrition checked PR 8/20/2025

Updated 7.29.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
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	250.00
Fat	10.50g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	620.00mg
Carbohydrates	32.00g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	0.00g**
Protein	11.00g
Vitamin A 1.20mcg RAE	Vitamin C 0.00mg
Calcium 242.00mg	Iron 2.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	440.92
Fat	18.52g
Saturated Fat	11.46g
Trans Fat	0.00g
Cholesterol	26.46mg
Sodium	1093.47mg
Carbohydrates	56.44g
Fiber	7.05g
Total Sugar	5.29g
Added Sugar	0.00g**
Protein	19.40g
Vitamin A 2.12mcg RAE	Vitamin C 0.00mg
Calcium 426.81mg	Iron 3.53mg

**One or more nutritional components are missing from at least one item on this recipe.