

Beef Soft Tacos

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58625
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup		722330
TORTILLA FLOUR ULTRGR 6"	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Place tortilla in warmer to warm.
3. Portion #30 scoop of meat, #30 scoop of cheese inside each tortilla.
4. Students should be given 2 tacos and offer with lettuce, salsa, taco sauce & sour cream

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 2.00 Each

Amount Per Serving	
Calories	366.00
Fat	18.33g
Saturated Fat	11.20g
Trans Fat	0.00g
Cholesterol	52.67mg
Sodium	537.33mg
Carbohydrates	34.33g
Fiber	5.33g
Total Sugar	3.33g
Added Sugar	0.00g
Protein	18.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 277.00mg	Iron 2.67mg

Nutrition - Per 100g

Calories	610.91
Fat	30.60g
Saturated Fat	18.69g
Trans Fat	0.00g
Cholesterol	87.91mg
Sodium	896.89mg
Carbohydrates	57.31g
Fiber	8.90g
Total Sugar	5.56g
Added Sugar	0.00g
Protein	31.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 462.36mg	Iron 4.45mg