

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20421
<b>School:</b>	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
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHIP NACHO CHS R/F TOP N GO	1 Package		815803

## Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open "taco in a bag" chips.
2. Portion #16 scoop of meat, #16 scoop of cheese inside bag.
3. Offer with lettuce, salsa. taco sauce & sour cream

Updated 5.11.2026

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	376.00
<b>Fat</b>	19.33g
<b>Saturated Fat</b>	8.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.67mg
<b>Sodium</b>	587.33mg
<b>Carbohydrates</b>	31.33g
<b>Fiber</b>	4.33g
<b>Total Sugar</b>	1.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 299.00mg	<b>Iron</b> 1.07mg

## Nutrition - Per 100g

<b>Calories</b>	627.60
<b>Fat</b>	32.27g
<b>Saturated Fat</b>	13.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	87.91mg
<b>Sodium</b>	980.35mg
<b>Carbohydrates</b>	52.30g
<b>Fiber</b>	7.23g
<b>Total Sugar</b>	2.23g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	29.49g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 499.08mg	<b>Iron</b> 1.78mg