

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23690
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	#10 Disher	722330
CHIP CORN	2 Ounce	N/A	712680

Preparation Instructions

Cook taco filling according to manufactures directions and hold in warmer until ready for service.

To serve student should get 1 bag of chips with #10 Disher of taco meat. Then offered with 1/4 cup of cheese sauce.

Updated 5.27.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
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	274.00
Fat	15.00g
Saturated Fat	3.30g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	466.00mg
Carbohydrates	21.00g
Fiber	3.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 75.00mg	Iron 1.20mg

Nutrition - Per 100g

Calories	186.94
Fat	10.23g
Saturated Fat	2.25g
Trans Fat	0.00g
Cholesterol	23.20mg
Sodium	317.94mg
Carbohydrates	14.33g
Fiber	2.05g
Total Sugar	1.36g
Added Sugar	0.00g
Protein	10.23g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 51.17mg	Iron 0.82mg