

Fiesta Bar

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44284

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD	4 Each		499943
SALSA 103Z	2 Ounce		452841
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND R/F	1 Each		662512
BEANS BLACK LO SOD	2 Ounce		231981
SOUR CREAM L/F	1 Ounce		534331
Diced Chicken	2 Ounce	40lb case = 320/2oz servings	R-46517
Shredded lettuce	2 Ounce		00701
Fresh Diced Tomatoes	1 Ounce	READY_TO_EAT Keep chilled until ready to serve	16P45
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340

Description	Measurement	Prep Instructions	DistPart #
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	1/4 Cup	If student wants rice bowl w/o chips or shells -give 1 cup rice to equal 2Grain equivalent	516371

Preparation Instructions

Diced Chicken 40 # box yields 320/2oz portion
 Queso 30# case yields 240/ 2oz portion
 Taco Beef JTM 30# box yields 151/3.17oz portion
 Commodity Beef 40# box yields 320/2oz portion
 Salsa #10 can yield 51.5=2oz portion

Meal Components

Amount Per Serving

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Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	405.31
Fat	10.37g
Saturated Fat	3.97g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	659.44mg
Carbohydrates	53.09g
Fiber	7.62g
Total Sugar	3.78g
Added Sugar	0.78g**
Protein	21.90g
Vitamin A 66.67mcg RAE	Vitamin C 0.00mg
Calcium 215.67mg	Iron 3.61mg

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

Nutrition - Per 100g

Calories	245.97
Fat	6.29g
Saturated Fat	2.41g
Trans Fat	0.00g
Cholesterol	22.25mg
Sodium	400.20mg
Carbohydrates	32.22g
Fiber	4.63g
Total Sugar	2.29g
Added Sugar	0.47g**
Protein	13.29g
Vitamin A 40.46mcg RAE	Vitamin C 0.00mg
Calcium 130.88mg	Iron 2.19mg

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