

Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38709
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	#10 Disher	722330
CHIP NACHO CHS R/F TOP N GO	1 Package		815803
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon	USDA Brown Box Commodity---If Brown Box not available use GFS#150250 or GFS#712131--- 1/8 Cup or 1 fl. oz spoodle	100012

Preparation Instructions

Updated 6.17.2026

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.132
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	345.52
Fat	15.07g
Saturated Fat	4.82g
Trans Fat	0.00g
Cholesterol	44.45mg
Sodium	599.94mg
Carbohydrates	32.57g
Fiber	5.03g
Total Sugar	2.03g
Added Sugar	0.00g
Protein	19.67g
Vitamin A	0.00mcg RAE
Vitamin C	0.00mg
Calcium	115.60mg
Iron	1.41mg

Nutrition - Per 100g

Calories	328.31
Fat	14.32g
Saturated Fat	4.58g
Trans Fat	0.00g
Cholesterol	42.24mg
Sodium	570.07mg
Carbohydrates	30.95g
Fiber	4.78g
Total Sugar	1.93g
Added Sugar	0.00g
Protein	18.69g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 109.84mg	Iron 1.34mg