

# Walking Taco

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38709
<b>School:</b>	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

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

## Nutrition - Per 100g

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