



825133 - Taco Cup:Chicken

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: each

Components:

Meat/Alt: 2.5 oz
 Grains: 2 oz
 Fruit:
 Vegetable: 0.75 cup
 Milk:

Recipe Subgroups:

Whole Grain Rich
 Vegetable, Legumes
 Vegetable, Red/Orange

Attributes:

Meat/Meat Alter
 Vegetables
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825034R Chicken Taco Filling.....	3 lbs + 13 ozs	<p>Prepare chicken taco filling according to the recipe.</p> <p>Notes: The filling recipe using 5 lb chicken makes 53 (1 1/2 oz eq) portions. Consider using any leftover taco filling for Mexican Burrito Bowls.</p> <p>If preparing only 40 servings of chicken filling, it will take about 3 lb 13 ounces of diced chicken and adjustmet of remaining ingredients proportionately to make enough cooked, EP filling for 40 portions.</p> <p>CCP: Heat to 135° F or higher.</p> <p>CCP: Hold at 135° F or higher.</p>
825115R Refried Beans.....	1 1/4 gals	<p>Prepare refried beans according to the recipe but omit the cheese topping.</p> <p>Notes: The original recipe for refried beans, using two #10 cans of beans, makes 49 (1/2 cup) portions. Consider using any leftover bean mixture for burritos or serve as a vegetable selection.</p> <p>CCP: Heat to 135° F or higher.</p> <p>CCP: Hold at 135° F or higher.</p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 050540 SALSA, LOW-SODIUM, CANNED.....	5 lbs + 8 OZS (AP) 1 qt + 1 cup	<p>Rinse tomatoes under running water and drain well in a colander. Using a tomato scoop, remove the core. Dice into 1/2" pieces.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>

050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	2 lbs + 8 ozs 5 lbs	<p>Layer ingredients in a 12 oz. cup in the following order: ½ cup refried beans (no. 8 disher) 1 ½ ounces chicken taco meat (2 oz. spoodle); Be sure to yield test to determine if spoodle size is correct for the 1 ½ oz. of chicken. 2 Tbsp. salsa (no. 30 disher) 1 ounce shredded cheese (2 oz. spoodle) ¼ cup diced tomatoes (no. 16 disher)</p> <p>Serve with 2 oz. tortilla chips.</p> <p>This taco cup combines hot and cold items; therefore it is recommended to use Time as a Public Health Control (TPHC) procedure beginning at the time of assembly. Assemble cups close to serving time to avoid excessive holding time. CCP: Follow written TPHC procedure and discard all cups within 4 hours from time of assembly.</p>
		(Note: This taco includes ¾ cup vegetable. Be sure to allow students in greades 9-12 to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total 1 cup vegetable at grades 9-12.)

*Nutrients are based upon 1 Portion Size (each)

Calories	586 kcal	Cholesterol	67 mg	Sugars	*1.5* g	Calcium	373.07 mg	32.90%	Calories from Total Fat
Total Fat	21.42 g	Sodium	663 mg	Protein	33.89 g	Iron	4.03 mg	8.80%	Calories from Saturated Fat
Saturated Fat	5.73 g	Carbohydrates	67.01 g	Vitamin A	1005.9 IU	Water ¹	*53.59* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	12.46 g	Vitamin C	17.1 mg	Ash ¹	*0.31* g	45.73%	Calories from Carbohydrates
								23.13%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.