



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:

Vegetable, Red/Orange
 Vegetable, Legumes
 Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825034R Chicken Taco Filling.....	3 lbs + 13 ozs	Prepare Chicken Taco Filling according to recipe #825034. 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. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
825115R Refried Beans.....	1 1/4 gals	Prepare refried Beans according to recipe #825115 but omit the cheese topping. 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. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 051495 Salsa, Low-sodium, Canned.....	5 lbs + 8 OZS (AP) 1 qt + 1 cup	Rinse tomatoes under running water and drain well in a colander. Using a tomato scoop, remove the core. Dice into 1/2" pieces. CCP: Hold at 41° F or lower.

051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... 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:</p> <ul style="list-style-type: none"> • ½ cup refried beans (using no. 8 disher) • 1 ½ oz chicken taco meat (using 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 (using no. 30 disher) • 1 oz shredded cheese (using 2 oz spoodle) • ¼ cup diced tomatoes (using no. 16 disher) <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.</p> <p>CCP: Follow written TPHC procedure and discard all cups within 4 hours from time of assembly.</p> <p>(Note: This taco includes ¾ cup vegetable. Be sure to allow students in grades 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.)</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	574 kcal	Cholesterol	64 mg	Sugars	*2.8* g	Calcium	*101.21* mg	34.31%	Calories from Total Fat
Total Fat	21.89 g	Sodium	694 mg	Protein	28.84 g	Iron	*3.87* mg	10.82%	Calories from Saturated Fat
Saturated Fat	6.90 g	Carbohydrates	67.27 g	Vitamin A	*914.4* IU	Water ¹	*53.59* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	13.22 g	Vitamin C	*24.4* mg	Ash ¹	*0.31* g	46.86%	Calories from Carbohydrates
								20.09%	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.