

Greenwich School Lunch Program

Recipe: 000318 Taco Meat

Recipe HACCP Process: #3 Complex Food Preparation

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 864
Size of Portion: 2 oz.

000711 BEEF GROUND ,80/20 Raw-to Cook & Drain.....	50 LB,raw wgt, yield incl
109813 TURKEY, GROUND.....	50 LB
016070 LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT...	36 LB
011284 ONIONS,DEHYDRATED FLAKES.....	2 GAL
902253 TOMATO PASTE,CND,HTD.....	4 #10 CAN
014429 WATER,MUNICIPAL.....	22 1/2 CUP
002009 CHILI POWDER.....	2 1/4 CUP
002047 SALT, TABLE.....	1 CUP

*Nutrients are based upon 1 Portion Size (2 oz.)

Calories	142	kca	Cholester	40.45	m	Sugars	*1.47*	g	Calcium	28.98	mg	37.63%	Calories from Total Fat
Total Fat	5.92	g	Sodium	259.81	m	Protein	13.09	g	Iron	1.93	mg	13.14%	Calories from Saturate
Saturated	2.07	g	Carbohydr	9.63	g	Vitamin A	463.12	IU	Water ¹	40.46	g	*0.00%*	Calories from Trans Fa
Trans Fat	*0.00*	g	Dietary Fi	2.52	g	Vitamin C	10.86	mg	Ash ¹	0.92	g	27.22%	Calories from Carbohy
												37.02%	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.

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	2 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	000711	BEEF GROUND ,80/20 Raw-to Cook & Drain			
I	109813	TURKEY, GROUND			
I	016070	LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT			
I	011284	ONIONS,DEHYDRATED FLAKES			
I	902253	TOMATO PASTE,CND,HTD			
I	014429	WATER,MUNICIPAL			
I	002009	CHILI POWDER			
I	002047	SALT, TABLE			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

FIESTA TACO MEAT

beef, turkey and lentils

Clean Eating
Gluten Free
Dairy Free

WHY ADD LENTILS??

- **Added Nutrition:** Lentils provide a high amount of plant based protein while being very low in fat. They also contain lots of fiber, potassium, folate, iron and manganese.
- **Lentils are Inexpensive:** By adding lentils it helps the meat go further and last longer.
- **Health Benefits:** According to Medical News Today, lentils are great at helping increase heart health, fight cancer, fight fatigue, and help promote better digestion and regularity.
- **Quick & Easy:** Unlike most beans, dried lentils can be soaked and cooked in about 30 minutes- 1 hour. That's very fast!
- **Great texture & taste:** Lentils have a great texture and taste for being added to taco meat. They blend in well and we honestly can't even tell they're in there!