

<b>Recipe Name: Indian Taco</b>			
<b>Ingredients</b>	<b>For 100 Servings</b>		<b>Directions</b>
	<b>Weight</b>	<b>Measure</b>	
Dough, whole grain, dinner roll		100 ea.	<ol style="list-style-type: none"> <li>1. Turn convection oven to 325°F.</li> <li>2. Place rolls on a sheet pan that has been sprayed with Butter-It pan spray. Let dough rise. Take each roll and stretch it out between your thumb and fingers to make a flat circle, then puncture the center with your thumb. Bake in a convection oven for 10-12 minutes.</li> </ol>
Pan-spray, Butter It			
Pinto bean, low sodium, canned		3 #10 can	<ol style="list-style-type: none"> <li>3. Drain and rinse beans. Add beans and black pepper to taco meat and heat to 145°F.</li> </ol>
Turkey taco meat, pre-cooked	9 ½ lb.		
Black pepper, ground		4 t.	
Romaine lettuce, shredded	6 lb.		<ol style="list-style-type: none"> <li>4. Thoroughly wash vegetables unless pre-washed. Dice onions and tomatoes. Combine lettuce and diced tomatoes. Place diced onions and cheese into individual bowls until ready to assemble tacos. Refrigerate until served.</li> <li>5. To assemble: place 1 “Indian flat bread” on tray or in boat, and then place ½ c taco meat/bean mixture, ½ c lettuce/tomato mixture, ¼ c shredded cheese, and ½ T diced onion. Offer salsa and jalapeno peppers.</li> </ol>
Yellow or white onion, raw	2 ¾ lb.		
Tomato, fresh, raw	7 lb.		
Cheese, mild cheddar, shredded	6 ¼ lb.		

Serving Size for Grades:   K-8   is: \_\_\_\_\_ (unit: cup, fl oz, each)    Serving Utensil: \_\_\_\_\_

Serving Size for Grades:   9-12   is: \_\_\_\_\_ (unit: cup, fl oz, each)    Serving Utensil: \_\_\_\_\_

Meal Pattern Contributions

2 oz. meat/alt, 2 oz. grain, and 2/3 c vegetable