

## Taco Salad w/ Beans & Cheese

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Milk, Wheat

Amount Per Serving

Calories: 411

Calories from Fat: 119

<b>Total Fat:</b>	<b>13.2g</b>
Saturated Fat:	5.1g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>20mg</b>
<b>Sodium:</b>	<b>510mg</b>
<b>Total Carbohydrate:</b>	<b>54.8g</b>
Dietary Fiber:	10.2g
Sugars:	1.0g
<b>Protein:</b>	<b>18.0g</b>

Vitamin A: 281RE

Vitamin C: 3.3mg

Calcium: 96.2mg

Iron: 2.6mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Bean, Black Bush's Low Sodium (mfg label): PREPARED BLACK BEANS, WATER, SALT, AND CALCIUM CHLORIDE (FIRMING AGENT). [903623]

Cheese, Cheddar Shredded RF (mfg label): CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES, ANNATTO (COLOR), VITAMIN A PALMITATE (NOT FOUND IN REGULAR CHEDDAR CHEESE), POWDERED CELLULOSE ADDED TO PREVENT CAKING. CONTAINS: MILK [902078]

Chips, Tortilla Chips WG IW 1.45 oz (2 G (mfg label): WHOLE CORN, VEGETABLE OIL (CORN, SUNFLOWER AND/OR CANOLA OIL), AND SALT. GLUTEN FREE [903405]

LETTUCE,ICEBERG,FRESH shredded (mfg label): LETTUCE, ICEBERG, FRESH, SHREDDED [900150]