

## *Taco Salad w/ Beans & Cheese*

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Milk, Wheat

Amount Per Serving

Calories: 382

Calories from Fat: 104

**Total Fat:** **11.6g**

Saturated Fat: 3.5g

Trans Fat: 0.00

**Cholesterol:** **15mg**

**Sodium:** **804mg**

**Total Carbohydrate:** **50.8g**

Dietary Fiber: 10.2g

**Protein:** **18.0g**

Vitamin A: 594RE

Vitamin C: 3.3mg

Calcium: 278.7mg

Iron: 3.5mg

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 Commodities (mfg label): Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride to Help Maintain Firmness. [903304]

Cheese, American, RF, Shred, Fresh (mfg label): CULTURED PASTEURIZED MILK AND SKIM MILK, \*WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF \*XANTHAN GUM, \*LOCUST BEAN GUM, \*GUAR GUM, SODIUM CITRATE, SORBIC ACID (PRESERVATIVE), LACTIC ACID, ACETIC ACID, BETA-CAROTENE AND APO-CAROTENAL (COLOR), ENZYMES, \*VITAMIN A PALMITATE, ANTICKAING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR). \*NOT FOUND IN REGULAR PASTEURIZED PROCESS AMERICAN CHEESE. CONTAINS: MILK. [601413]

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 (mfg label): LETTUCE [078021]