

# Hand Rolled Burritos

Yield: 25 | Serving Size: 1 cup

## INGREDIENTS

|          |   |
|----------|---|
| 5 LBS    | Signature Beef Taco Filling<br>(CP5250) |
| 2.5 cups | Rice, Brown, Long Grain, No Salt        |
| 25       | Tortillas (WG or WGR)                   |
| 12.5 oz. | Shredded Cheddar Cheese                 |



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## PREPARATION

### Heat J.T.M. Taco Filling (From Frozen)

1. Place unopened pouches in a perforated full-size pan.
2. Heat for approximately 30 minutes in tilt skillet, kettle, steamer, or in boiling water, and check for an internal temp. of 135°F (Serv Safe Standards 135°F for 15 seconds). Your cook time may vary according to quantity of products being heated.

### Rice Heating:

1. Cook rice (See Operational Heating Instructions) and hold hot.

### Assemble:

1. Steam/heat tortilla. Portion 1/2 cup of cooked rice on the center of the tortilla.
2. Portion 3.17 oz (by weight), #10 scoop or 3/8 cup of taco in the center of the tortilla.
3. Sprinkle 1/2 oz. of shredded cheese over taco.
4. Fold burrito. Wrap burrito in foil to hold hot.
5. Place wrapped burritos in Cambro to hold hot and transport to classrooms.

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## MEAL COMPONENTS

Meat/Meat Alt.: 2.5 oz    Grains: 2 oz

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## NUTRITIONAL INFORMATION

|               |                    |
|---------------|--------------------|
| Serving Size  | 1 cup              |
| Calories      | 397.69 calories    |
| Fat           | 12.973 grams       |
| Sat. Fat      | 6.528 grams        |
| Trans Fat     | 0 grams            |
| Cholesterol   | 49.66 milligrams   |
| Sodium        | 610.951 milligrams |
| Carbohydrates | 47.929 grams       |
| Dietary Fiber | 5.617 grams        |
| Sugars        | 2.814 grams        |
| Protein       | 21.762 grams       |
| Vitamin A     | 651.358 UI         |
| Vitamin C     | 5.443 milligrams   |
| Calcium       | 90.816 milligrams  |
| Iron          | 2.226 milligrams   |

# Three Bean Chili Burrito Bowl

**Yield:** 20 | **Serving Size:** 1 cup

## INGREDIENTS

|           |   |
|-----------|---|
| 5 lbs     | Premium Three Bean Vegetable Chili (5383) |
| 1 1/8 lbs | Rice, Long Grain, Brown, Dry              |
| 5 lbs     | Chunky Salsa, Medium                      |
| 20 oz     | Cheese, Cheddar, Yellow, Shredded         |
| 5 oz      | Jalapeños, Sliced                         |



## PREPARATION

### Steamer Method (From Frozen)

1. Place unopened pouches in a perforated full-size pan.
2. Heat for approximately 30 minutes and check for an internal temp. of 135°F (Serv Safe Standard 135°F for 15 seconds). Your cook time may vary according to quantity of products being heated.

### Tilt skillet,kettle,or stovetop Heating Method

1. Place unopened pouches in boiling water.
2. Heat for approximately 30 minutes and check for an internal temp. of 135°F (Serv Safe Standard 135°F for 15 seconds). Note: Your cook time may vary according to quantity of products being heated.

### Rice Cooking Instructions

Cook brown rice (See Operational Heating Instructions) and hold hot.

### Assemble:

1. Portion 1 1/2 cup of cooked brown rice in a bowl or container.
2. Portion 4 oz. (by weight) or 1 1/2 cup of three bean chili in a bowl or container.
3. Portion 4 oz. of USDA salsa in a souffle cup.
4. Portion 1 1/4 cup of sliced jalapenos in a souffle cup.
5. Portion 1 oz. of shredded cheese in a souffle cup and place lid on top.
6. Place lid over bowl or container to avoid spills.
7. Place into a hot holding cabinet or Cambro to keep hot.
8. Transport to the classroom and serve.

## NUTRITIONAL INFORMATION

|               |                 |
|---------------|-----------------|
| Serving Size  | 1 cup           |
| Calories      | 370 calories    |
| Fat           | 14 grams        |
| Sat. Fat      | 7 grams         |
| Trans Fat     | 0 grams         |
| Cholesterol   | 31 milligrams   |
| Sodium        | 1335 milligrams |
| Carbohydrates | 49 grams        |
| Dietary Fiber | 19 grams        |
| Sugars        | 11 grams        |
| Protein       | 15 grams        |
| Vitamin A     | 587 UI          |
| Vitamin C     | 1 milligrams    |
| Calcium       | 68 milligrams   |
| Iron          | 3 milligrams    |

## MEAL COMPONENTS

**Meat/Meat Alt.:**2 oz    **Grains:**1 oz

# Fiesta Taco Mac

Yield: 20

## INGREDIENTS

|          |  |
|----------|--|
| 42 oz.   | Signature Beef Taco Filling (CP5250)       |
| 5.0 lbs. | Premium Creamy Mac & Cheese (elbow) (5768) |



## PREPARATION

**Prep Time:** 45 min.

### 5768 Mac & Cheese Heating Instructions:

1. Place frozen, unopened bag of mac and cheese in a steamer, tilt skillet or stock pot with boiling water, and heat for approximately 45 minutes or until product reaches 165°F (HACCP).
2. Remove from steamer, kettle, tilt skillet or stock pot, and place unopened bag into hot holding cabinet (140°F HACCP) until ready to use.
3. Remove JTM Mac & Cheese from the holding cabinet, carefully cut open bag, and pour into a 2" or 4" deep hotel pan and place on the serving line.

### 5250 Beef Taco Heating Instructions:

1. Place frozen, unopened bag of beef taco in a steamer, tilt skillet or stock pot with boiling water and heat for approximately 45 minutes or until product reaches 165°F (HACCP).
2. Remove from steamer, kettle, tilt skillet, or stock pot, and place unopened bag into hot holding cabinet (140°F HACCP) until ready to use.
3. Remove beef taco from the holding cabinet, carefully cut open bag, and pour into a 2" or 4" deep hotel pan and place on the serving line.

### Assembly (1 Serving):

1. Portion 1/2 cup (#8 disher) of JTM 5768 Mac & Cheese into serving dish.
2. Top JTM Mac & Cheese with 1/6 cup (#20 disher) of JTM 5250 Beef Taco Filling.

**Optional:** Sprinkle 1.0 oz. of pico de gallo, 0.5 oz. of shredded cheese, and 0.5 oz. of sour cream.

**One 6.1 oz. serving provides:** 2.0 oz. M/MA + 0.5 oz. WGR Equivalent

*Nutritional information is based on calculations from various databases. The information is believed to be accurate, but does not constitute a guarantee.*

## NUTRITIONAL INFORMATION

|               |                |
|---------------|----------------|
| Serving Size  | 6.1 oz         |
| Calories      | 230 calories   |
| Fat           | 12 grams       |
| Sat. Fat      | 6 grams        |
| Trans Fat     | 0 grams        |
| Cholesterol   | 40 milligrams  |
| Sodium        | 610 milligrams |
| Carbohydrates | 19 grams       |
| Dietary Fiber | 2 grams        |
| Sugars        | 3 grams        |
| Protein       | 15 grams       |
| Vitamin A     | UI             |
| Vitamin C     | milligrams     |
| Calcium       | milligrams     |
| Iron          | milligrams     |

## MEAL COMPONENTS

**Meat/Meat Alt.:**2.0 oz    **Grains:**0.5 oz

# Totchos

Yield: 40 | Serving Size: 6.1 oz

## INGREDIENTS

|           |                                      |
|-----------|--------------------------------------|
| 5 LBS     | Premium Queso Blanco Sauce (5718)    |
| 4 LBS     | Signature Beef Taco Filling (CP5250) |
| 6 1/3 LBS | Tator Tots, Frozen, Prep             |
| 40 oz.    | Salsa, Low-Sodium, Canned            |



## PREPARATION

### Beef Taco & Queso Heating Instructions (Steamer):

Place unopened pouches in a perforated full-size pan.

### Tater Tots Heating Instructions:

Heat for approximately 30 minutes and check for an internal temp. of 135°F (Serv Safe Standard 135°F for 15 seconds). Your cook time may vary according to quantity of products being heated.

1. Arrange tots in a single layer on a sheet tray.
2. Place tots in a pre-heated 425°F convection oven.
3. Heat for 12 minutes.

### Assembly:

**Note:** For best results, cook from frozen state using recommended time & temperature. Always cook to light golden color.

1. Portion 2.52 oz (by weight) of tater tots in a fry bag or hinged container.
2. Portion 1.58 oz. (by weight) of beef taco over tots into a portion cup and place into container.
3. Ladle 2.0 oz. (by weight), #16 scoop or 1/4 cup of Queso Blanco into a portion cup and place into container.
4. Top with 2 oz. salsa (or serve on the side).
5. Place lid over the bowl or container to avoid spills.
6. Place into a hot holding cabinet or Cambro to keep hot.

## NUTRITIONAL INFORMATION

|               |                     |
|---------------|---------------------|
| Serving Size  | 6.1 oz              |
| Calories      | 350.484 calories    |
| Fat           | 18.065 grams        |
| Sat. Fat      | 7.537 grams         |
| Trans Fat     | 0.34 grams          |
| Cholesterol   | 47.854 milligrams   |
| Sodium        | 1063.507 milligrams |
| Carbohydrates | 32.361 grams        |
| Dietary Fiber | 6.687 grams         |
| Sugars        | 4.901 grams         |
| Protein       | 14.619 grams        |
| Vitamin A     | 1729.546 UI         |
| Vitamin C     | 31.789 milligrams   |
| Calcium       | 252.255 milligrams  |
| Iron          | 2.44 milligrams     |

## MEAL COMPONENTS

**Meat/Meat Alt.:** 2 oz **Vegetable:** 1 cup

# Grab n Go Beef Taco Salad

Yield: 25 | Serving Size: 8.62 oz

## INGREDIENTS

|           |   |
|-----------|---|
| 5 lbs     | Signature Beef Taco Filling<br>(CP5250) |
| 50 oz     | Tortilla Chips                          |
| 3.25 lbs. | Lettuce Shredded                        |
| 12.5 oz   | Shredded Cheddar Cheese,<br>Reduced Fat |
| 50 oz     | Chunky Salsa, Medium                    |



## PREPARATION

**Prep Time:** 50 minutes

Steamer Method (From Frozen)

1. Place unopened pouches in perforated full-size pan.
2. Heat for approximately 40-45 minutes and check for internal temperature of 145°F (Serv Safe Standards - 145°F for 15 seconds). Your cook time may vary according to quantity of products being heated.
3. Once the product has reached internal temperature, place on the serving line or hot hold (Serv Safe Standards -145°F or higher) until ready to use.
4. Open the bag(s) carefully to avoid being burned.

Assembly

1. Portion tortilla chips in a bowl or platter.
2. Sprinkle shredded lettuce over tortilla chips or portion into souffle cups.
3. Ladle beef taco over shredded lettuce.
4. Top beef taco with shredded cheese and chunky salsa or portion into souffle cups. Serve.

## NUTRITIONAL INFORMATION

|               |                |
|---------------|----------------|
| Serving Size  | 8.62 oz        |
| Calories      | 316 calories   |
| Fat           | 12 grams       |
| Sat. Fat      | 4.5 grams      |
| Trans Fat     | 0 grams        |
| Cholesterol   | 45 milligrams  |
| Sodium        | 919 milligrams |
| Carbohydrates | 32 grams       |
| Dietary Fiber | 6 grams        |
| Sugars        | 6.5 grams      |
| Protein       | 19 grams       |
| Vitamin A     | 1124 UI        |
| Vitamin C     | 7 milligrams   |
| Calcium       | 80 milligrams  |
| Iron          | 2.5 milligrams |

## MEAL COMPONENTS

**Meat/Meat Alt.:**2.5 oz   **Grains:**1.0 oz   **Vegetable:**0.5 oz



# Three Bean Macho Nachos

**Yield:** 40

## INGREDIENTS

|          |  |
|----------|--|
| 5.0 lbs. | 5718 Premium Queso Blanco Sauce (5718) |
| 10 lbs.  | Premium Three Bean Chili (5383)        |
| 40 oz.   | USDA Salsa (100330)                    |
| 50 oz.   | WG Tortilla Chips                      |



## PREPARATION

**Prep Time:** 45 min.

1. Heat Products in a steamer, kettle or boiling water.
2. Heat for approximately 45 minutes and check for an internal temperature of 165°F or higher (HACCP - 145°F for 15 seconds).
3. Once the product has reached internal temperature, place on the serving line or in a holding cabinet. Hold hot (HACCP - 145°F or higher) until ready to use.
4. Portion 2.0 oz. WGR tortilla chips on a tray or a boat.
5. Ladle 2.0 oz. of queso blanco over chips.
6. Ladle 4.0 oz of three bean chili over queso.
7. Garnish with a #30 disher of USDA Salsa (100330) and serve.

**One serving provides:** 2.0 oz. M/MA + 2.0 oz. Grain Equivalent + 1/8 cup R/O Vegetable + 1/8 cup Other Vegetable

### Optional garnish:

1/4 oz. shredded lettuce

1/8 oz. sliced jalapenos

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## Nutrition Facts

Serving Size (216g)

Servings Per Container

### Amount Per Serving

**Calories 350**    **Calories from Fat 140**

**% Daily Value\***

**Total Fat 16g**                      **25%**

    Saturated Fat 5g                **25%**

    Trans Fat 0g

**Cholesterol 25mg**                **8%**

**Sodium 770mg**                   **32%**

**Total Carbohydrate 39g**        **13%**

    Dietary Fiber 7g                **28%**

    Sugars 5g

**Protein 14g**

Vitamin A 15%      • Vitamin C 20%

Calcium 30%        • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4