

Menu Nutrient Analysis

Menu: **STREET EATZ**
MAIN STREET TACOS

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
STREET EATZ MAIN STREET TACOS	5							
Category: Meat/MA; Choose: 2								
Cheddar Cheese Sauce - JTM - NJR1404 (1 #16 scoop)	0	107.89	7.99	4.59	0.00	394.60	2.00	6.99
Chicken Fajita Strips - Govt - NJR1311 (1 #16 scoop)	0	61.00	2.00	1.00	0.00	303.00	1.00	9.00
Shredded Cheddar Cheese - NJR1081 (1/2 oz.)	0	55.69	4.56	3.04	0.00	86.06	0.51	3.54
Taco Filling, beef - JTM - NJR1829 (1 #20 scoop)	0	60.00	2.42	0.97	0.00	157.25	2.42	6.77
Taco Filling, turkey - Jennie-O - NJR1830 (1 #20 scoop)	0	78.18	4.21	1.20	0.00	246.57	1.80	7.82
Category: Grains; Choose: 2								
Brown Rice - NJ - NJR1909 (1 c.)	0	234.38	1.38	0.00	0.00	4.06	51.01	5.51
Taco Shell, 6in Yellow - NJR1286 (3 shell)	0	255.00	10.50	3.75	0.00	0.00	34.50	4.50
Tortilla Chips, Tostitos crispy rounds, whole grain - SR1065 (1 1/2 oz.)	0	206.18	8.84	1.47	0.00	169.36	29.45	2.94
Tortilla, flour, 10-inch - SR1177 (1 tortilla)	0	170.00	4.50	0.50	0.00	250.00	30.00	5.00
Tortilla, flour, 6-inch - SR1066 (2 tortilla)	0	180.00	4.00	0.00	0.00	250.00	30.00	6.00
Category: Fruit; Choose: 1								
NJ Garden Bar, variety of fruit - NJR1877 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Vegetable; Choose: 2								
NJ Garden Bar, variety of vegetables - NJR1878 (1 serving)	0	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1								
New Jersey Milk, Chocolate, Fat Free - NJR1312 (1 Half Pint)	0	130.00	0.00	0.00	0.00	220.00	23.00	8.00

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New Jersey Milk, Strawberry, Fat Free - NJR1731 (1 Half Pint)	0	120.00	0.00	0.00	0.00	105.00	22.00	8.00
New Jersey Milk, White, Fat Free - NJR1314 (1 Half Pint)	0	90.00	0.00	0.00	0.00	150.00	13.00	8.00
New Jersey Milk, White, Lowfat 1% - NJR1313 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Category: Condiment; Choose: 1								
Black Olives, sliced, CONDIMENT - NJR1318 (1/8 c.)	0	14.12	1.41	0.00	0.00	117.63	0.94	0.00
Jalapeno Peppers, canned, CONDIMENT - NJR1326 (2 tbsp.)	0	0.00	0.00	0.00	0.00	347.83	0.00	0.00
Lettuce, Iceburg, shredded, CONDIMENT - NJR1319 (1/4 c.)	0	2.52	0.03	0.00	0.00	1.80	0.54	0.16
Red Onion, diced, CONDIMENT - NJR1325 (2 tbsp.)	0	8.00	0.02	0.01	0.00	0.80	1.87	0.22
Roasted Southwest Vegetable Blend, green pepper, onion, southwest seasoning RECIPE - SR1525 (1/2 c.)	0	66.72	4.15	0.40	0.03	3.74	7.23	1.05
Salsa, canned, CONDIMENT - NJR1315 (1/8 c.)	0	10.00	0.00	0.00	0.00	230.00	3.00	0.00
Sour Cream - NJR1317 (1 tbsp.)	0	30.00	2.50	1.75	0.00	7.50	0.50	0.50
Tomatoes, fresh, diced, CONDIMENT - NJR1321 (1/8 c.)	0	4.05	0.05	0.01	0.00	1.13	0.88	0.20