



Recipe Project Name/Written By:	To Taste
Recipe Category:	Lunch, Grab n' Go, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	30 minutes
Cook Time:	7 minutes
Total Time:	37 minutes
K-12 Portion Size:	1 quesadilla
Meal Pattern Contribution:	1 oz eq WGR grain, 2 oz eq m/ma

[illegible]

BEAN & CHEESE QUESADILLA

NUTRITION INFORMATION

Serving Size 1 each

NUTRIENTS **AMOUNT**

Calories **243**

Total Fat **12 g**

Saturated Fat 7 g

Cholesterol **23 mg**

Sodium **416 mg**

Total Carbohydrate **23 g**

Dietary Fiber 3 g

Total Sugars 0.8 g

Added Sugars 0 g

Protein **11 g**

Vitamin D 0 mcg

Calcium 198 mg

Iron 0.5 mg

Potassium 40 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

Serve bean and cheese quesadillas with Spanish rice or another grain to meet the 2 oz grain equivalent for grades 9-12.

Serve with your students' favorite condiments. Sour cream, salsa, and guacamole are all great!

Mozzarella or Monterrey jack cheese may be substituted for Oaxaca if unable to source.

The nutrition analysis will be similar, but should be rerun with school specific ingredients.

YIELD/VOLUME

50 Servings

100 Servings

N/A

N/A

