



FRITOS® BURRITO WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2 ½ oz. Meat/MA (3.4 oz. Turkey Taco Filling
+ .5 oz. cheese)
3/8 c. Vegetables
¼ c. Legumes (1/4 c. refried beans)
1/8 c. Red/Orange (1/8 c. salsa)
3 oz. eq. Grains (.75 oz. Fritos = 1 OEG + 10"
WH Flour tortilla = 2 OEG)

FRITOS® Burrito with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
FRITOS® Original Corn Chips	4 lbs. + 11 oz.	.75 oz. bag
USDA Turkey Taco Filling (100119)	21 lbs. + 4 oz.	3.4 oz.
USDA Cheese, cheddar, reduced fat, shredded (100012)	3 lbs. + 2 oz.	.5 oz.
USDA Beans, refried, low sodium, canned (100362)	1 Gal. + 2 Qts. + 1 cup	1/4 c.
USDA Salsa, low sodium, pouch (110186)	3 Qts. + 1/2 c.	1/8 c.
10" Whole Grain Flour Tortilla	100	1- 10 "

PREPARATION

1. Mix Turkey Taco Filling, refried beans and salsa together. Heat thoroughly.
2. Heat tortillas by steaming, grilling, or microwaving (see manufacturer's directions).
3. Place 2/3 c. of taco filling mixture onto a tortilla.
4. Place 1/2 oz. cheese and .8 oz. FRITOS® Original Corn Chips on top of tortilla.
5. Fold up bottom of tortilla and roll the tortilla, pressing mixture as it is rolled.
6. Serve with additional salsa if desired.

Nutrition Facts**1 Serving:**

Calories	559
Saturated Fat	5.1g
Sodium	823mg