

AFSA High School Food Service

Recipe Number: _____ 42

Recipe: Tostadas

Servings: 30


Serving Size: 1 Tostada

Meal Components per serving		
Meat/Meat Alternative:	<u>3 oz. Beef</u> <u>1 oz. Cheese</u>	Vegetables:
		Dark Green: _____
		Red/Orange: _____
Whole Grain:	_____	Starchy: _____
		Beans: <u>1/2 Cup</u>
Fruit:	_____	Other: _____

	30 Servings:	1 Serving:
Ground Beef	5 1/2 Lbs.	3 oz.
Cheddar Cheese	2 Lbs.	1 oz.
Tostada Shell	30	1 Shell
Refried Beans	4 Quarts	1/2 Cup

- 1 Brown Beef
- 2 Place Beans, Meat and Cheese on shell
- 3 Bake and Serve

(Make it look like this.)



All recipes are subject to relevant HACCP procedures from the AFSA High School Food Safety Plan