

## Make Your Own Taco

A taco meal with fresh ingredients, sides, and a drink.

### Ingredients:

- **Taco:**

Flour tortillas (enriched wheat flour, water, vegetable oil, salt, baking powder), ground chicken (chicken meat), taco seasoning (salt, chili powder, paprika, cumin, garlic powder, onion powder, oregano), shredded cheese blend (mozzarella & cheddar: milk, bacterial culture, salt, microbial enzyme), iceberg lettuce, salsa (tomatoes, onions, peppers, vinegar, salt, spices), sour cream (cream, milk solids, bacterial culture).

Vegetarian replacement; Falafel (Chickpeas, Canola / Sunflower oil, Chickpea flour, Potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid) Baking powder, Salt, Onion powder, Garlic powder, Sugars (dextrose), Dextrin, Chicory root fibers (inulin), Powdered cellulose, Spices.)

- **Apple Juice:**

filtered water, concentrated apple juice, ascorbic acid (vitamin C)

- **Granola Bar:**

Rolled oats, whole wheat, brown sugar, barley flakes, sunflower oil, honey, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, vanillin), rice crisps (whole grain brown rice flour, sugar, barley malt, salt, mixed tocopherols), glycerin, shortening (canola oil, modified palm and palm kernel oils), sorbitol, natural & artificial flavour, modified milk ingredients, soy lecithin, BHT (preservative).

### Allergens:

- Wheat/Gluten (tortillas, granola bar).
- Milk/Dairy (cheese blend, sour cream, granola bar).
- Soy (granola bar).
- Barley/Oats (granola bar).
- May Contain Mustard

### Nutrition Information (Approximate per Serving and Dependent on Protein choice):

- Calories: ~750–850 kcal
- Protein: ~35–40 g
- Carbohydrates: ~65–75 g (Sugars ~15–20 g)
- Total Fat: ~30–35 g
- Fiber: ~6–8 g
- Sodium: ~1,200–1,500 mg