

## 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).

- **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).

### Nutrition Information (Approximate per Serving):

- 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