

BMS Cafeteria Meal

Taco Salad

	Calories	Fat Calories	Non-Fat Calories	Grams of Fat	Percentage of Fat in Menu Item	Percentage of Fat in Meal
Ground Beef 2 oz.	189			9		
Taco Seasoning	6			0		
Salsa	7			0		
Sour Cream	26			2.5		
Cheese	69			5.6		
Taco Chips 1/2 c.	70			3.5		
Apple	80			0		
Milk	158			2.5		