

# Breaded Chicken Caesar Salad w/ Breadstick & Croutons

<b>Servings:</b>	7.14	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21348
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	3 Quart 1 Pint 2/7 Cup (14 2/7 Cup)	Hold at 41F.	600504
CHEESE PARM IMIT GRTD	7 Fluid Ounce 2/7 Tablespoon (14 2/7 Tablespoon)	Sprinkle 2 Tbsp over the lettuce.	595101
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	100 Each	BAKE 6-8 minutes at 375°F from frozen until internal temperature reaches 165F. Once cooked, chill below 72F in one hour and below 41F in an additional two hours, before putting chicken on cold salads.	327120
BREADSTICK GARLIC	7 1/7 Each	Bake according to package directions. Put in salad when breadsticks are cooled.	616500
CROUTON SEAS PC PKT	7 1/7 Package	Shelf-Stable no prep needed. Serve on side. Do not put in salad container.	175400

## Preparation Instructions

Assemble lettuce in clamshell # 771981.

Sprinkle lettuce with cheese.

Top with popcorn chicken.

Serve breadstick in the salad container on the side.

Serve croutons outside of the container in a basket.

\*You must use the cook chill method for the chicken. Cook chicken in the morning at 375 for 6-8 min. or until internal temperature reaches 165F. Cool down below 71F within 2 hours, cool to under 41F within another hour.

Hold for service at 41F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.334
<b>Grain</b>	1.917
<b>Fruit</b>	0.000
<b>GreenVeg</b>	8.003
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 7.14

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	713.01
<b>Fat</b>	24.56g
<b>SaturatedFat</b>	4.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.46mg
<b>Sodium</b>	1100.89mg
<b>Carbohydrates</b>	89.85g
<b>Fiber</b>	20.33g
<b>Sugar</b>	19.28g
<b>Protein</b>	37.33g
<b>Vitamin A</b> 138.78IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 420.99mg	<b>Iron</b> 19.68mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available