

Grilled Chicken Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41644
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	12 Gallon 2 Quart (200 Cup)		600504
CARROT SHRD MED	3 Quart 1 Cup (13 Cup)		313408
CUCUMBER SELECT	1 Gallon 2 Quart 1 Cup (25 Cup)		592323
TOMATO GRAPE SWT	3 Quart 1 Cup (13 Cup)		129631
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart 3 Fluid Ounce 1 1 Tablespoon (200 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
PRETZEL SFTSTIX BAVRN WGRAIN 72-2Z	100 0		193890

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.065
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	252.63
Fat	12.58g
SaturatedFat	5.01g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	547.05mg
Carbohydrates	11.66g
Fiber	3.28g
Sugar	4.28g
Protein	23.74g
Vitamin A 6300.58IU	Vitamin C 4.86mg
Calcium 158.65mg	Iron 2.95mg

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

Nutrition - Per 100g

No 100g Conversion Available