

Chicken and Cheese Packaged Salad W/roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-21060
School:	Columbia Local k-8		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CARROT BABY WHL PETITE	1 Ounce		768146
TOMATO GRAPE SWT	1/4 Cup		129631
Broccoli Crowns	1/8 Cup		199043
CHEESE CHED SHRD	1 Ounce		199720
CHIX STRP FAJT DK MT FC	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen. Place in cup inside salad	860390
DOUGH ROLL SUB MINI WGRAIN	1 Each		262670

Preparation Instructions

Thaw chicken then heat to 135F. or higher set in cooler to cool.
 Wash cucumbers slice approximately 1 1/4 inch thick set aside.

Trim broccoli florets, removing any discoloration stems and ends. Cut into bite size pieces. Set aside.

Wash cherry tomatoes set aside.

Rinse baby carrots. Set aside.

Place 2 cups of salad mixed in a hinged container. To each container of lettuce add 2-3 slices of cucumber, 2-3 pieces broccoli, 2 baby carrots, 3 grape tomatoes. Add the chilled chicken 3 oz. top with 1/2 oz of shredded cheese.

CCP: Cool to 41 F or lower within 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.333
Grain	2.000
Fruit	0.000
GreenVeg	1.130
RedVeg	0.406
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	412.27
Fat	16.57g
SaturatedFat	7.86g
Trans Fat	0.03g
Cholesterol	83.33mg
Sodium	666.61mg
Carbohydrates	39.88g
Fiber	7.26g
Sugar	8.76g
Protein	26.71g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 67.73mg	Iron 3.33mg

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

Nutrition - Per 100g

No 100g Conversion Available