

Diced Chicken Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49819
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
CHIX PULLED WHT DRK BLND	1 1/4 Ounce	Weight	467802
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package	N/A	745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and chicken) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	351.40
Fat	14.13g
SaturatedFat	3.63g
Trans Fat	0.00g
Cholesterol	42.08mg
Sodium	1023.00mg
Carbohydrates	39.17g
Fiber	2.65g
Sugar	5.75g
Protein	21.32g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 258.74mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available