

ORIENTAL GRILLED CHICKEN SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40412
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FC LRG	2 Ounce		219011
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CARROT MATCHSTICK SHRED	1/4 Cup		198161
CABBAGE RED SHRED 1/8IN	1/2 Cup		212679
ALMOND SLIVERED BLNCHD	1/2 Ounce		134890
ORANGES MAND WHL L/S	1/2 Cup		117897
Oriental Grilled Chicken Salad Dressing	1 Serving		R-40413
NOODLE CHOW MEIN 1.5/CAN	1/2 Cup		124516
CRACKER ENG SPANSH SMART	1 Ounce		159361

Preparation Instructions

Chicken - FULLY COOKED, HEAT, AND SERVE.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.500
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	756.73
Fat	32.57g
SaturatedFat	4.98g
Trans Fat	0.21g
Cholesterol	71.33mg
Sodium	916.04mg
Carbohydrates	97.61g
Fiber	9.30g
Sugar	50.93g
Protein	25.89g
Vitamin A 5402.22IU	Vitamin C 27.78mg
Calcium 122.28mg	Iron 4.92mg

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

Nutrition - Per 100g

No 100g Conversion Available