

Diced Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42659
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 1/2 Ounce	Weight	570533
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Fluid Ounce		100012
CROUTON CHS GARL WGRAIN	2 Package		661022
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, chicken, and cheese. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
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	383.33
Fat	14.67g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	55.83mg
Sodium	655.00mg
Carbohydrates	35.33g
Fiber	2.00g
Sugar	3.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.00mg	Iron 3.58mg

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

Nutrition - Per 100g

No 100g Conversion Available
