

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		646.31	
Fat		25.48g	
SaturatedFat		3.88g	
Trans Fat*		0.11g	
Cholesterol		60.67mg	
Sodium		715.02mg	
Carbohydrates		85.78g	
Fiber		9.30g	
Sugar		40.43g	
Protein		25.76g	
Vitamin A	5388.51IU	Vitamin C	27.76mg
Calcium	120.58mg	Iron	4.87mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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