

Grilled Chicken Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41644
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ICEBERG/ROMN	200 Cup		600504
CARROT SHRD MED	13 Cup		313408
CUCUMBER SELECT	25 Cup		592323
TOMATO GRAPE SWT	13 Cup		129631
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
CHEESE CHED MLD SHRD 4-5 LOL	12 Cup 8 Tablespoon (200 Tablespoon)	READY_TO_EAT Preshredded. Use cold or melted	150250
PRETZEL SFTSTIX BAVRN WGRAIN 72-2Z	100 0		193890

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut or dice all vegetables. Put lettuce on tray or bowl, top with diced meat.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.065
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		252.63	
Fat		12.58g	
Saturated Fat		5.01g	
Trans Fat		0.00g	
Cholesterol		80.00mg	
Sodium		547.05mg	
Carbohydrates		11.66g	
Fiber		3.28g	
Sugar		4.28g	
Added Sugar		0.00g	
Protein		23.74g	
Vitamin A	6300.58mcg	Vitamin C	4.86mg
Calcium	158.65mg	Iron	2.95mg

Nutrition - Per 100g

No 100g Conversion Available