

Chef Chicken Salad-Middle School

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52724
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	2 5/11 Ounce	USDA Brown Box Commodity Thaw 2.45 ounce = 1 Fillet	110921
SEASONING NO SALT ORIG	1 Teaspoon		844071
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO CHERRY	1/8 Cup	5 each	169275
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CROUTON CHS GARL WGRAIN	2 Package		661022

Preparation Instructions

Thaw Chicken Fillet. Season with 1 tsp of Mrs. Dash. Chop up Chicken Fillet and put into a 4 oz souffle cup. In salad container put 2 cups of salad blend and top with approx. 5 cherry tomato. Place souffle cup with chicken, 1 package of Goldfish and 2 packages of Crouton.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		343.51	
Fat		10.00g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		704.24mg	
Carbohydrates		36.78g	
Fiber		1.59g	
Sugar		5.19g	
Added Sugar		0.00g	
Protein		27.46g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	64.63mg	Iron	2.75mg

Nutrition - Per 100g

No 100g Conversion Available