

# Chicken & Cheese Quesadilla

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8658
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each	Ready to Eat	713330
CHIX CKD SHRD WHT IQF	2 Ounce	<b>BEST IF THAWED IN REFRIGERATOR. REMOVE DESIRED AMOUNT TO THAW FROM BULK CASE. PLACE IN SEALED CONTAINER IN REFRIGERATOR OVERNIGHT. OR MICROWAVE SMALL AMOUNTS 2-3 MINUTES.</b> Basic Preparation READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD)	617760
CHEESE CHED SHRD	1/8 Cup	Ready to eat	199720

## Preparation Instructions

Cheese-

Ready to Eat

Tortilla Shell-

Ready To Eat

Chicken Fajita-

PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 \*F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 \*F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 \*F.

or

Shredded Chicken - 2 oz.

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	315.72		
<b>Fat</b>	13.09g		
<b>Saturated Fat</b>	7.81g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	66.53mg		
<b>Sodium</b>	449.73mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	1.00g		
<b>Total Sugar</b>	1.00g		
<b>Added Sugar</b>	1.00g		
<b>Protein</b>	27.24g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	34.33mg	<b>Iron</b>	1.24mg

## Nutrition - Per 100g

No 100g Conversion Available