

Chicken & Cheese Quesadilla



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8658
School:	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	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. 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

Amount Per Serving	
Meat/Meat Alternate	2.000
Grain	1.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available