

Grilled Chicken Caesar Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12337

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	2 Cup		735787
CHIX BRST FLLT GRLLD FC	1 Each	N/A	209244
DRESSING CAESAR PKT	1 Each		776858
CHEESE PARM SHRD FCY	1/2 Teaspoon		871380
Homemade Croutons	1/4 Cup	1. Cut bread in to cubes, making 3 vertical cuts from top to bottom and horizontal cuts across that gives you approx 9 cubes per slice 2. Melt 1/4 cup of butter and pour into a large mixing bowl. 3. Toss all of your bread cubes from all of your cubed bread into your melted butter 4. Add 2 tsp of garlic seasoning and mix together well 5. Place bread cubes on a single layer on a baking sheet (not to close to each other) and bake at 375 for 7-12 mins oven times may vary 6. Bake until golden brown and slightly crisp. 7. Serve a 1/4 c approx 9-10 pieces of croutons on salads to create a 1 grain equivalent.	R-51562

Preparation Instructions

- 1.cook chicken in oven on a sheet pan at 350°F for 15 mins and reaches internal temp of 165°F
2. cut each chicken breast into strips
3. measure 2 cups romaine lettuce and add to the large part of your 3 compartment to go box
4. Top with 1/2 tsp of grated parmesan.
5. Top with 1/4 c portion of homemade croutons.
6. add 3/4 cup of baby carrots to container, 1 bag of sliced apples, and dressing. offer dinner roll on side.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	1.000
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 salad

Amount Per Serving	
Calories	387.01
Fat	32.06g
Saturated Fat	7.11g
Trans Fat	0.00g
Cholesterol	97.04mg
Sodium	817.42mg
Carbohydrates	8.97g
Fiber	2.10g
Total Sugar	4.06g
Added Sugar	2.06g
Protein	17.47g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 43.93mg	Iron 0.75mg

Nutrition - Per 100g

Calories	54508.11
Fat	4516.01g
Saturated Fat	1001.17g
Trans Fat	0.00g
Cholesterol	13667.84mg
Sodium	115130.17mg
Carbohydrates	1263.12g
Fiber	296.09g
Total Sugar	571.92g
Added Sugar	290.23g
Protein	2459.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 6186.73mg	Iron 105.68mg