

Buffalo Chicken Salad

Servings:	30.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55865
School:	The Grind		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	30 Each		327080
Cheddar Cheese shredded	30 Ounce		150250
LETTUCE ROMAINE	30 Cup		305812
Baby Carrots	15 Cup		
Cucumber	60 Slice		
Grape Tomato	60 Each		372410
Mini Garlic Toast	30 Slice		462346

Preparation Instructions

- Step 1: Clean and chop lettuce
- Step 2: Clean and shred carrots
- Step 3: Clean cucumbers and slice
- Step 4: Clean grape tomatoes
- Step 5: Place 1 cup chopped lettuce in the container. Place a sprinkle of shredded carrots on top.
- Step 6: Place 2 cucumber slices on top of the lettuce
- Step 7: Place 2 grape tomatoes on top of the lettuce
- Step 8: Thaw spicy chicken patties in a cooler
- Step 9: Slice chicken into strips
- Step 10: Place strips on salad
- Step 11: Place cheese on top of chicken strips
- Step 12: Bake garlic bread according to package directions
- Step 13: Serve salad with warm garlic bread and a choice of salad dressing

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	1.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	368.93
Fat	15.60g**
Saturated Fat	3.21g
Trans Fat	0.00g
Cholesterol	21.07mg
Sodium	509.59mg
Carbohydrates	38.24g
Fiber	6.00g
Total Sugar	7.50g
Added Sugar	1.00g**
Protein	16.71g
Vitamin A 23.80mcg RAE**	Vitamin C 7.80mg**
Calcium 58.11mg	Iron 3.06mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	1301.34
Fat	55.03g**
Saturated Fat	11.34g
Trans Fat	0.00g
Cholesterol	74.33mg
Sodium	1797.48mg
Carbohydrates	134.87g
Fiber	21.16g
Total Sugar	26.46g
Added Sugar	3.53g**
Protein	58.96g
Vitamin A 83.95mcg RAE**	Vitamin C 27.51mg**
Calcium 204.96mg	Iron 10.79mg

**One or more nutritional components are missing from at least one item on this recipe.