

Salad, Popcorn Chicken



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39906
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
CROUTON CHS GARL WGRAIN	2 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

WASH HANDS

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. Place 1 cup of romaine lettuce in salad container.
2. Place 10 pieces of popcorn chicken and 1/4 cup (1 ounce weight) of cheese on top of lettuce and package with 2 packages of croutons

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	455.00
Fat	21.50g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	875.00mg
Carbohydrates	39.50g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	27.00g
Vitamin A 200.00mcg RAE	Vitamin C 0.00mg
Calcium 153.50mg	Iron 3.44mg

Nutrition - Per 100g

No 100g Conversion Available