

Chef Salad Breaded Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58276
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
CHIX TNRD WGRAIN FC	3 Each	N/A	283951

Preparation Instructions

Updated 4.15.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.625
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	484.93
Fat	27.50g
Saturated Fat	9.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	740.65mg
Carbohydrates	34.12g
Fiber	5.09g
Total Sugar	2.85g
Added Sugar	1.00g
Protein	23.96g
Vitamin A 389.84mcg RAE	Vitamin C 7.42mg
Calcium 357.04mg	Iron 2.91mg

Nutrition - Per 100g

Calories	729.32
Fat	41.36g
Saturated Fat	14.29g
Trans Fat	0.00g
Cholesterol	82.72mg
Sodium	1113.93mg
Carbohydrates	51.31g
Fiber	7.66g
Total Sugar	4.29g
Added Sugar	1.50g
Protein	36.04g
Vitamin A 586.32mcg RAE	Vitamin C 11.16mg
Calcium 536.98mg	Iron 4.37mg