

# Diced Chicken Salad

|                      |                     |                       |         |
|----------------------|---------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each           | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch               | <b>Recipe ID:</b>     | R-42659 |
| <b>School:</b>       | Concord High School |                       |         |

## Ingredients

| Description                                    | Measurement  | Prep Instructions | DistPart # |
|--|--------------|-------------------|------------|
| LETTUCE ROMAINE CHOP                           | 1 Cup        |                   | 735787     |
| CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON            | 2 1/2 Ounce  | Weight            | 570533     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 2 Tablespoon |                   | 100012     |
| CROUTON CHS GARL WGRAIN                        | 2 Package    |                   | 661022     |
| CRACKER CHEEZ-IT WGRAIN IW                     | 1 Package    |                   | 282422     |

## Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, chicken, and cheese. Then add 2 packages of croutons and 1 package of cheez-its. Keep in cooler and serve.

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.500 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.500 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving           |                         |
|------------------------------|-------------------------|
| <b>Calories</b>              | 383.33                  |
| <b>Fat</b>                   | 14.67g                  |
| <b>Saturated Fat</b>         | 4.25g                   |
| <b>Trans Fat</b>             | 0.00g                   |
| <b>Cholesterol</b>           | 55.83mg                 |
| <b>Sodium</b>                | 655.00mg                |
| <b>Carbohydrates</b>         | 35.33g                  |
| <b>Fiber</b>                 | 2.00g                   |
| <b>Total Sugar</b>           | 3.00g                   |
| <b>Added Sugar</b>           | 2.00g                   |
| <b>Protein</b>               | 25.50g                  |
| <b>Vitamin A</b> 0.00mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 134.00mg      | <b>Iron</b> 3.58mg      |

## Nutrition - Per 100g

|                              |                         |
|------------------------------|-------------------------|
| <b>Calories</b>              | 233.34                  |
| <b>Fat</b>                   | 8.93g                   |
| <b>Saturated Fat</b>         | 2.59g                   |
| <b>Trans Fat</b>             | 0.00g                   |
| <b>Cholesterol</b>           | 33.99mg                 |
| <b>Sodium</b>                | 398.71mg                |
| <b>Carbohydrates</b>         | 21.51g                  |
| <b>Fiber</b>                 | 1.22g                   |
| <b>Total Sugar</b>           | 1.83g                   |
| <b>Added Sugar</b>           | 1.22g                   |
| <b>Protein</b>               | 15.52g                  |
| <b>Vitamin A</b> 0.00mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 81.57mg       | <b>Iron</b> 2.18mg      |