

Diced Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42659
School:	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

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	383.33
Fat	14.67g
Saturated Fat	4.25g
Trans Fat	0.00g
Cholesterol	55.83mg
Sodium	655.00mg
Carbohydrates	35.33g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	25.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 134.00mg	Iron 3.58mg

Nutrition - Per 100g

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