

Salad Line: Chicken Fajita Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38070
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup	Or GFS#560545 Baby Spinach maybe used	451730
CARROT BABY WHL PETITE	1/4 Cup	Or GFS#169275 Cherry Tomato maybe used	768146
Variety of Fresh Vegetables	1/4 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350)	
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 7/10 Ounce	USDA Brown Box Commodity--Weight---Thaw and portion into individual cup	100117

Preparation Instructions

Wash and cut/dice all vegetables. Put 1 cup of lettuce in container, then add 1/4 cup of carrots top of lettuce, and add 1/4 cup of vegetable of choice (Legume: Black Bean needs to be offered twice a week, Starchy: Peas needs to be offered twice a week, Other: Broccoli/Cauliflower or Cucumbers, or Assorted Peppers needs to be offered once a week). Lastly, put fajita chicken cup into container and close container.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

Note: Offer with 1 ounce (1/4 cup) Cheese and 2 ounce of Grain Equivalents (See Recipe#38088 for grain selections).

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	85.53
Fat	2.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	37.00mg
Sodium	321.91mg
Carbohydrates	6.63g
Fiber	1.97g
Total Sugar	4.19g
Added Sugar	0.00g
Protein	10.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 27.25mg	Iron 0.31mg

Nutrition - Per 100g

Calories	123.14
Fat	2.88g
Saturated Fat	1.44g
Trans Fat	0.00g
Cholesterol	53.27mg
Sodium	463.44mg
Carbohydrates	9.54g
Fiber	2.83g
Total Sugar	6.03g
Added Sugar	0.00g
Protein	15.12g
Vitamin A 539.66mcg RAE	Vitamin C 8.88mg
Calcium 39.23mg	Iron 0.45mg