

Salad Line: Breaded Regular or Spicy Chicken Salad

Servings:	4.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-38077
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	4 Cup	Or GFS#560545 Baby Spinach maybe used 1 cup dark leafy greens per salad container	451730
CARROT BABY WHL PETITE	1 Cup	Or GFS#169275 Cherry Tomato maybe used 1/4 cup of red/orange vegetable per salad container	768146
Variety of Fresh Vegetables	1 Cup	GFS#231981 Black Beans, GFS#283339 Broccoli and Cauliflower, GFS#418439 Cucumber, GFS#491012 Assorted Peppers, USDA Brown Box Peas (#100350) 1/4 cup vegetable choice per salad container	
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	Cut/Dice cooked and cooled chicken patty into chunks and portion into individual cups. 1/2 of chicken patty (1.525 ounce weight) per individual cup	501861
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	Cut/Dice cooked and cooled chicken patty into chunks and portion into individual cups 1/2 of chicken patty (1.745 ounce weight) per individual cup	327080

Preparation Instructions

Chicken Patty: Bake from frozen. CONVENTIONAL OVEN: 350 degrees for 15-20 minutes CONVECTION OVEN: 350 degrees for 8-10 minutes. Temp and cool so that can be cut/diced to portion into individual cups.

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 chicken patty container 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	0.500
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: 4.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	129.53
Fat	5.50g
Saturated Fat	1.13g
Trans Fat	0.00g
Cholesterol	13.75mg
Sodium	201.41mg
Carbohydrates	12.63g
Fiber	2.97g
Total Sugar	3.44g
Added Sugar	0.25g
Protein	8.50g
Vitamin A 374.85mcg RAE	Vitamin C 6.17mg
Calcium 44.75mg	Iron 1.26mg

Nutrition - Per 100g

Calories	609.27
Fat	25.87g
Saturated Fat	5.29g
Trans Fat	0.00g
Cholesterol	64.68mg
Sodium	947.35mg
Carbohydrates	59.38g
Fiber	13.96g
Total Sugar	16.17g
Added Sugar	1.18g
Protein	39.98g
Vitamin A 1763.17mcg RAE	Vitamin C 29.00mg
Calcium 210.49mg	Iron 5.93mg