

# Breaded Chicken Tender Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58361
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMN BLND SEP BAG	2 Cup		414166
TOMATO GRAPE SWT	3 Each	Wash, cut in half	129631
CUCUMBER SELECT	1/2 Cup	Peel, slice in rounds cut in bite size pieces	418439
CHIX TNRD WGRAIN FC	3 Each	Menu is build to use leftover spicy chicken from the main serving line. Can also use 3 each of GFS#281731	283951
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	2 ounce weight = 1/4 cup	150250

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.125
<b>OtherVeg</b>	1.500
<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>	522.49
<b>Fat</b>	28.10g
<b>Saturated Fat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	895.27mg
<b>Carbohydrates</b>	42.13g
<b>Fiber</b>	5.01g
<b>Total Sugar</b>	7.42g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	26.82g
<b>Vitamin A</b> 616.88mcg RAE	<b>Vitamin C</b> 10.71mg
<b>Calcium</b> 293.40mg	<b>Iron</b> 4.33mg

## Nutrition - Per 100g

<b>Calories</b>	216.01
<b>Fat</b>	11.62g
<b>Saturated Fat</b>	3.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.74mg
<b>Sodium</b>	370.13mg
<b>Carbohydrates</b>	17.42g
<b>Fiber</b>	2.07g
<b>Total Sugar</b>	3.07g
<b>Added Sugar</b>	1.24g
<b>Protein</b>	11.09g
<b>Vitamin A</b> 255.03mcg RAE	<b>Vitamin C</b> 4.43mg
<b>Calcium</b> 121.30mg	<b>Iron</b> 1.79mg