

Pre-made salad box

Recipe #: 33634 (LOCAL)



SALAD, BOX, HS, ENTREE, 1 EACH=2M/2G

Lunch Entree

Ingredients

Quantity

CHICKEN, POPCORN, TYSON, USF #8838088	4 lb. 13 oz.
LETTUCE, SALAD MIX, 3 WAY	2 lb. 1 1/4 oz.
SPINACH, RAW	1 lb. 9 oz.
LETTUCE, ROMAINE, CHOPPED	13 1/4 oz.
CARROTS, SHREDDED	1 qt., 1 c. shredded
TOMATOES, CHERRY	60 cherry tomatoe
CUCUMBER, RAW, 36 CT	120 slice
Mushrooms, white, raw	1 lb. 4 oz.
CHEESE, SHRED, CHEDDAR, USF #2115336-NEED NEW SPECS!!	1 lb. 4 oz.
CROUTONS, SEASONED, US FOODS#3230829 (PEANUT FACILITY?)	1 qt., 1 c.
ROLL, 1OZ, 51% WW 16CT, FRANZ	20 roll
CONTAINER, 9 INCH SQUARE, HINGED, CLEAR, P & R #PCA-YCI8-1110	20 container

Ranch- New Recipe

	1 qt., 1 c.
SOUR CREAM, CULTURED, FF	12 1/2 oz.
MAYONNAISE, LIGHT USF #43018	2 1/2 c.
MILK, BUTTERMILK, HALF GALLON	1 1/4 c.
MILK, LOWFAT, 1%, CARTON	1/3 c., 2 3/4 tsp.
SPICE, GARLIC POWDER, USF #2501161	1 1/2 tsp.
SPICE, ONION POWDER, USF #4353280	1 1/2 tsp.
SUGAR, GRANULATED, USF #4170817	2 tsp.
SPICE, PARSLEY, DRIED, USF#760868	2 1/4 tsp.
SPICE, DILL, DRIED, USF #778423	1/4 tsp.
SPICE, CELERY SEED, USF#760090	1/4 tsp.
SPICE, GARLIC AND HERB, MRS. DASH, USF#8612527 (DIRECT SHIP)	1 1/2 tsp.

Preparation Instructions

HACCP Process: #1 - No Cook

Directions:

- Prepare the salad according to recipe #1453
 - Portion 2 cups into each 9x9 salad container
 - In each corner portion the following:
 - 5-6 slices of cucumber
 - 3 - 4 mushrooms, sliced
 - 1 oz shredded cheese
 - 1/4 cup shredded carrots
 - 1/4 cup crouton
- Cook chicken for 8-10 minutes at 350 on a parchment lined sheet pan
 - Portion 3.85oz equivalent (12 pieces) into boats or bags and hot hold until meal service
- Wrap the rolls in a bag or plastic wrap and have available for students to grab

Pre-made salad box

Serving Size: 1.00 EACH

Yield: 20

Nutrition Facts

Serving Size 1 EACH
Serving Weight 512.399 gm

Amounts Per Serving

Calories 654.865 kcal*

Total Fat 36.641 gm*

Saturated Fat 10.344 gm*

Trans Fat 0.000 gm*

Cholesterol 82.009 mg*

Sodium 990.319 mg*

Potassium 172.175 mg*

Carbohydrates 52.836 gm*

Fiber 7.325 gm*

Sugars 6.934 gm*

Protein 32.183 gm*

Iron 5.125 mg*

Calcium 325.288 mg*

Vitamin A (IU) 10819.020 iu*

Vitamin C 30.156 mg*

Vitamin D 0.545 mcg*

Saturated Fat % of Calories
14.22%*

* = Indicates missing Nutrient Information.

^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

- 2 Oz Of Meat/Meat Alternates
- 2 Oz (Eq) Of Whole Grain-Rich
- 0.5 Cups Of Dark Green
- 0.25 Cups Of Other

Allergens

Eggs, Milk, Soy, Wheat

Attributes

4. Portion dressing into 2oz container and allow students to self select. Any dressing recipe can be used

Yield:**Serve:**

1 salad box

1 container of chicken (if they want a veggie option a package of sunflower seeds can be used)

Serve with 1 oz roll

Component:

1 cup salad mix contributes to 1/4 cup "dark green" and 1/8 cup "other"

Roll = 1 grain

Popcorn Chix =2 m/malt and 1 grain

Made from Scratch