



825011 - Bacon Ranch Salad

Source: K12 Culinary
 Number of Portions: 20
 Size of Portion: each

Components:

Meat/Alt: 2 oz
 Grains: 2.5 oz
 Fruit:
 Vegetable: 2.25 cup
 Milk:

Recipe Subgroups:

Vegetable, Dark Green
 Vegetable, Starchy
 Vegetable, Red/Orange
 Vegetable, Other
 Whole Grain Rich

Attributes:

Entree Salads
 Meat/Meat Alter
 Vegetables
 Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
825698 Chicken Fillet,WM Breast,Brd, Tyson 7030..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 826440 Turkey Bacon, Pre-cooked Jennio 271106..... 826494 Flatbread, Oven Fired, WGR, Rich's 14010.....	10 each, 4 oz 1 lb + 13 ozs 7 ozs 20 each, 2.2 oz	Thaw pre-cooked and breaded chicken fillets, corn, and turkey bacon in refrigerator overnight. Store flatbread at room temperature 24 hours in advance of use. Place 1 lb 13 oz of corn in each 2 inch deep perforated steamtable pan. CCP: Steam until minimum internal temperature of 135 degrees F. CCP: Cool to 41 degrees F within 4 hours. Just before assembling salads: • Cut each square of thawed WG flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half, then cut the squares in half on the diagonal forming the triangles. • Slice each thawed, pre-cooked chicken filet into 6 long strips. • Chop pre-cooked, thawed turkey bacon into 1/4 inch dices to make bacon bits and store in refrigerator until needed for salad assembly. CCP: Hold at 41 degrees F. or lower.
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	Prepare the dressing according to recipe #825012. Fill gallon container with dressing. Insert condiment pump and fill 2 oz. portion cups with 1/4 cup (2 fluid ounces) of dressing. Cover each cup with lid. Dressing may be prepared in advance. CCP: Hold and Serve at 41 degrees F. or lower.

011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	<p>Weigh 4 lb 15 ounces of precut romaine lettuce. Purchased, precut, prewashed romaine does not require rinsing.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 7 lb. 11 oz. As Purchased (AP) equals approximately 4 lb. 15 oz. edible portion (EP) chopped romaine.</p> <p>Rinse cut romaine under running water and drain well. (Recommend using a commercial salad spinner for best results at thorough draining).</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011205 CUCUMBER,WITH PEEL,RAW.....	2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	<p>Weigh and then rinse tomatoes and cucumbers under running water and drain in a colander or perforated pan. Using a tomato scoop, remove the stem core from tomatoes. Cut tomatoes into 1/2 inch dices. CCP: Hold cut tomatoes at 41 degrees F. until ready to use.</p> <p>Cut cucumbers in half lengthwise, then into quarters, then into ½" pieces. For quality, hold cucumbers at 41 degrees F. or below.</p> <p>CCP: No bare hand contact with ready to eat food.</p>
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH.....	1 lb + 4 ozs	<p>Assemble each salad into an 8 inch 3 compartment salad container as follows:</p> <ul style="list-style-type: none"> • Fill the large compartment of the container with 3 cups of chopped romaine. Starting at top left corner and working clockwise, top romaine with: <ul style="list-style-type: none"> • ¼ cup diced tomatoes • ¼ cup diced cucumber • ¼ cup corn • 2 Tbsp. bacon bits (about 2 strips) • Place 1 oz. cheese (using 2 oz. spoodle oar 1/4 cup measure) in center of salad • Place 3 strips of chicken in center of salad • Fan 8 flat bread triangles in one of the small compartments. • Place school made ranch cup inside salad container in the remaining small compartment so that it does not touch the other ingredients. <p>Cover salad container with the lid.</p> <p>CCP: Hold and Serve at 41 degrees F. or lower.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	632 kcal	Cholesterol	60 mg	Sugars	*8.1* g	Calcium	396.68 mg	51.83%	Calories from Total Fat
Total Fat	36.42 g	Sodium	949 mg	Protein	29.44 g	Iron	*2.34* mg	11.57%	Calories from Saturated Fat
Saturated Fat	8.13 g	Carbohydrates	54.07 g	Vitamin A	10521.0 IU	Water ¹	*217.50* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.23 g	Vitamin C	14.4 mg	Ash ¹	*1.42* g	34.20%	Calories from Carbohydrates
								18.62%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.