



825045 - Buffalo Chicken Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: Spicy Chicken Salad

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 2 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Other

Whole Grain Rich

Attributes:

Entree Salads

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825444 Chicken, Breast Fil,Spicy,WG, Pilg Pride.....	20 each, 4 oz	Thaw pre-cooked chicken patties completely in the refrigerator. Cut each patty into 4 strips. CCP: Hold for cold service at 41 degrees F. or lower.
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	Prepare the school-made ranch dressing by the recipe: Fill gallon container with dressing. Insert condiment pump and fill 2 oz. cups with dressing. Cover each cup with lid. Dressing may be prepared in advance. CCP: Hold for cold service at 41 degrees F. or lower.
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	Weigh lettuce. Purchased, precut, prewashed romaine does not require rinsing. 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. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). Weigh the correct amount of prepared lettuce. (Note: 7 lb. 11 oz. equals approximately 4 lb. 15 oz. chopped romaine.)
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.....	2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	Weigh 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 dices. CCP: Hold cut tomatoes at 41 degrees F until ready to use. Cut cucumbers in half lengthwise, then into quarters, then into ½" pieces. For quality, hold at 41 degrees F. or below until ready to use.

050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... 825508 Breadstick, WG, 1.2oz, Richs 12194.....	10 ozs 20 each, 1.2 oz	Assemble the salad as follows: " Fill the large compartment of the 8 inch clear, 3-compartment salad container with 3 cups of chopped romaine. " Place 4 strips of sliced chicken (1 whole chicken patty) in center of romaine salad " Add ¼ cup diced tomatoes to top right corner of romaine " Add ¼ cup diced cucumber to top left corner of romaine " Place .5 oz. (1 oz. spoodle) of cheese in bottom left corner of romaine " Place breadstick in one of the small compartments " Place school made ranch cup inside salad container in the remaining small compartment. " Cover and hold for service. CCP: Hold and Serve at 41 degrees F. or lower.
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*Nutrients are based upon 1 Portion Size (each)

Calories	551 kcal	Cholesterol	71 mg	Sugars	*9.6* g	Calcium	261.05 mg	51.87%	Calories from Total Fat
Total Fat	31.78 g	Sodium	892 mg	Protein	28.68 g	Iron	2.76 mg	8.88%	Calories from Saturated Fat
Saturated Fat	5.44 g	Carbohydrates	40.76 g	Vitamin A	10525.5 IU	Water ¹	*217.48* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.19 g	Vitamin C	13.0 mg	Ash ¹	*1.41* g	29.56%	Calories from Carbohydrates
								20.80%	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.