



## 825154 - Chicken Tender Salad

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

### Components:

Meat/Alt: 2.5 oz  
 Grains: 3 oz  
 Fruit:  
 Vegetable: 2 cup  
 Milk:

### Recipe Subgroups:

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

### Attributes:

Meat/Meat Alter  
 Vegetables  
 Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
825508 Breadstick, WG, 1.2oz, Richs 12194.....	20 each, 1.2 oz	Pan frozen breadsticks and thaw overnight in the refrigerator. Remove From refrigerator allow to stand at room temperature aproximately 15 Minutes. Proofing: (95 degrees F, and 85 % relative humidity.) until double in size. Bake in a convection oven at 375 degrees for about 13 to 15 minutes
826168 Chicken Tenders,WM Brst, Brd,Uncook KD 6.....	60 each, 1.8oz	<b>CCP: No bare hand contact with ready to eat food.</b> Line full size sheet pans with parchment paper. Place up to 36 tenders on each sheet pan. Remove tenders from the bag and place individually on pan to avoid spilling crumbs that may burn before tenders are cooked.. Bake at 400 degrees F for about 8 to 10 minutes. Turn pan halfway through cooking if oven does not cook evenly. <b>CCP:</b> Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours  <b>CCP: Hold at 41 degrees F. or lower.</b>
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	Prepare the school made ranch dressing according to the recipe. Fill gallon container with dressing, insert condiment pump and fill 2 oz. cups with 1/4 cup (2 fluid ounces) dressing. Cover each cup with lid. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	<b>CCP: No bare hand contact with ready to eat food.</b> Weigh shredded lettuce and set aside for salad assembly. Purchased, precut romaine does not require rinsing before use.  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. equals approximately 4 lb. 15 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).

011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.....	2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	<b>CCP: Hold at 41 degrees F. or lower.</b> <b>CCP: No bare hand contact with ready to eat food.</b> Weigh then rinse tomatoes and cucumbers under running water. Using a tomato scoop, remove the core of tomato. Dice tomatoes and cucumbers into ½" pieces. <b>CCP: Hold at 41 degrees F. or lower.</b>
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	10 ozs	<b>CCP: No bare hand contact with ready to eat food.</b> Assemble the salad in a large 3-compartment clear hinged container as follows: <ul style="list-style-type: none"> <li>• Fill the large compartment of the salad container with 3 cups of chopped romaine.</li> <li>• Add ¼ cup diced tomatoes to top right corner.</li> <li>• Add ¼ cup diced cucumber to top left corner.</li> <li>• Place .5 ounce of cheese in bottom left corner.</li> <li>• Place 3 chicken tenders in center of romaine salad.</li> <li>• Place breadstick in one of the small compartments.</li> <li>• Place school made ranch cup inside salad container in the remaining small compartment.</li> </ul> Make sure the container of dressing is placed inside one of the small compartments and is not touching the salad ingredients.  <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	676 kcal	Cholesterol	76 mg	Sugars	*9.6* g	Calcium	263.68 mg	51.65%	Calories from Total Fat
Total Fat	38.79 g	Sodium	958 mg	Protein	31.69 g	Iron	3.21 mg	9.25%	Calories from Saturated Fat
Saturated Fat	6.94 g	Carbohydrates	51.85 g	Vitamin A	10452.3 IU	Water <sup>1</sup>	*217.50* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	8.22 g	Vitamin C	13.0 mg	Ash <sup>1</sup>	*1.42* g	30.69%	Calories from Carbohydrates
								18.76%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.