



825151 - Siesta Grilled Chicken Salad

Source: K12 Culinary

Number of Portions: 25

Size of Portion: each

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 1.875 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Red/Orange

Vegetable, Starchy

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
825708 Chicken Patty, WM,Grilled, Tyson 70320..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	25 each, 2.5 oz 1 lb + 3 ozs	Thaw pre-cooked grilled chicken patties in the refrigerator. Thaw frozen corn overnight in the refrigerator. CCP: Hold at 41 degrees F. or lower.
825025R Seasoning Blend, Southwestern.....	3 Tbsp	Prepare the school made Southwestern Seasoning Blend according to the recipe. Measure the required amount for the recipe. Store any leftover seasonong blend in a tightly covered plactic spice jar. CCP: No bare hand contact with ready to eat food. Place thawed corn in 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. Place the thawed pre-cooked chicken patties into a pan and sprinkle with 3 tablespoons of prepared Soutwestern Seasoning Blend. Toss gently to coat. Place seasoned patties on a cutting board and cut each lengthwise into 4 strips. CCP: Hold at 41 degrees F. or lower.
825012R Ranch Dressing: School Made.....	1 qt + 2 1/4 cups	CCP: No bare hand contact with ready to eat food. Preapre 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. CCP: Hold at 41 degrees F. or lower.
		CCP: No bare hand contact with ready to eat food.

011251 LETTUCE,COS OR ROMAINE,RAW..... 011233 KALE,RAW.....	4 lbs + 15 ozs 1 LB (trimmed, diced)	<p>Weigh shredded lettuce and set aside for salad assembly. Purchased, precut romaine does not require rinsing before use.</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. equals approximately 4 lb. 15 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>Open precut, diced kale and place the contents onto full size sheet pan. Pick through and remove any large stems. Weigh required amount of kale and toss lightly to combine with prepared romaine.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	2 lbs + 1 OZ (cherry tomatoes)	<p>CCP: No bare hand contact with ready to eat food.</p> <p>Rinse cherry tomatoes under running water and drain well in a colander.</p> <p>Cut cherry tomatoes in half.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
011124 CARROTS,RAW..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH..... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	1 lb + 2 OZS (shredded) 12 1/2 ozs 3 lbs + 2 ozs	<p>CCP: No bare hand contact with ready to eat food.</p> <p>Assemble the salad in a large 3-compartment clear hinged container as follows:</p> <ol style="list-style-type: none"> 1. Fill the large compartment of the salad container with 3 cups of chopped romaine/kale mixture. 2. Top salad greens with: <ul style="list-style-type: none"> • 1/4 cup shredded carrots (using a #16 disher) • 1/8 cup corn (using a #30 disher) • 3 each cherry tomatoes, cut into halves (1/4 cup total) • 1 Seasoned Chicken Patty, cut into 4 strips 3. Place 1/2 oz. cheese (using 1 oz. spoodle or 2 tablespoons) in a small portion cup. Place the cups of cheese and Ranch Dressing in one of the small compartments of the salad container. Make sure the containers are not touching the salad ingredients. 4. Place 2 oz tortilla chips in the other small compartment. Close the salad container. <p>Salads are best when assembled just prior to service so tortilla chips do not become soggy. If salads are assembled earlier, add chips for just in time service.</p> <p>CCP: Hold and Serve at 41 degrees F. or lower.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	665 kcal	Cholesterol	66 mg	Sugars	*5.8* g	Calcium	301.42 mg	53.16%	Calories from Total Fat
Total Fat	39.29 g	Sodium	823 mg	Protein	27.76 g	Iron	2.36 mg	8.79%	Calories from Saturated Fat
Saturated Fat	6.49 g	Carbohydrates	57.98 g	Vitamin A	13677.2 IU	Water ¹	*183.21* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.46 g	Vitamin C	32.8 mg	Ash ¹	*1.72* g	34.87%	Calories from Carbohydrates
								16.69%	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.