



825145 - Grilled Chicken Caesar Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Components:

Meat/Alt: 2.5 oz

Grains: 2.5 oz

Fruit:

Vegetable: 1.5 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Dark Green

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825002 Roll, Whole Grain, 2 oz, Richs 05295.....	20 each, frozen, 2.1 oz	Pan frozen rolls and thaw overnight in the refrigerator. Remove from refrigerator allow to stand at room temperature approximately 15 Minutes. Proof (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.
825708 Chicken Patty, WM,Grilled, Tyson 70320.....	20 each, 2.5 oz	Thaw fully cooked chicken filets in the refrigerator. Slice thawed, grilled chicken breast into six long, equal strips.
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	CCP: No bare hand contact with ready to eat food. 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). CCP: Hold at 41 degrees F. or lower.
826520 Croutons, Seasoned, WG, Hyde&Hyde 200003....	8 ozs	CCP: No bare hand contact with ready to eat food. Place ½ cup (at least .4 oz.) croutons into a 4 ounce portion cup using no. 8 disher.
001032 CHEESE,PARMESAN,GRATED..... 826557 Dressing, Creamy Ceasar, Kens, 1.5 oz.....	2 1/2 cups 20 each, 1.5 oz	CCP: No bare hand contact with ready to eat food. Assemble the salad as follows: <ul style="list-style-type: none"> • Fill the large compartment of the salad container with 3 cups of chopped romaine. • Sprinkle 2 tbsp. (1/2 oz) parmesan evenly over the lettuce. • Evenly space the 6 chicken strips over center of the salad. • Place the portion cup of croutons into top small compartment. • Add the shelf stable dressing packet behind portion cup. • Place the roll in the remaining small compartment. Cover with the lid.

*Nutrients are based upon 1 Portion Size (each)

Calories	569 kcal	Cholesterol	51 mg	Sugars	7.3 g	Calcium	186.67 mg	53.79%	Calories from Total Fat
Total Fat	33.98 g	Sodium	1252 mg	Protein	28.83 g	Iron	3.21 mg	11.10%	Calories from Saturated Fat
Saturated Fat	7.01 g	Carbohydrates	40.24 g	Vitamin A	10017.3 IU	Water ¹	*108.78* g	0.17%	Calories from Trans Fat
Trans Fat ²	0.11 g	Dietary Fiber	8.15 g	Vitamin C	9.6 mg	Ash ¹	*1.55* g	28.31%	Calories from Carbohydrates
								20.28%	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 values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.