



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:

Vegetable, Dark Green

Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825002 Roll, Whole Grain, 2 oz, Richs 05295.....	20 each, frozen, 2.1 oz	CCP: Hold at 41° F or lower. Pan frozen rolls and thaw overnight in the refrigerator. Remove from refrigerator and allow to stand at room temperature approximately 15 Minutes. Proof until double in size (95° F, and 85 % relative humidity.). Bake in a convection oven at 375° F for about 13 to 15 minutes.
825708 Chicken Patty, WM,Grilled, Tyson 70320.....	20 each, 2.5 oz (CN=2M)	Thaw fully cooked chicken filets in the refrigerator. Slice thawed, grilled chicken breast into six long, equal strips. CCP: No bare hand contact with ready to eat food.
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	CCP: No bare hand contact with ready to eat food. Weigh pre-cut lettuce and set aside for salad assembly. Purchased, pre-cut 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° 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 oz portion cup using no. 8 disher.
		CCP: No bare hand contact with ready to eat food.

001032 CHEESE,PARMESAN,GRATED.....	2 1/2 cups	Assemble the salad as follows:
826557 Dressing, Creamy Caesar, Kens, 1.5 oz.....	20 each, 1.5 oz	<ul style="list-style-type: none"> • Fill the large compartment of the salad container with 3 cups of chopped romaine. • Sprinkle 1/2 oz parmesan (using no. 30 disher or 1 oz spoodle) evenly over the lettuce. • Neatly place the 6 chicken strips in the 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.
		Note: School made Caesar Dressing may be prepared by recipe 825702, portioned into small cups, and substituted for the packaged dressubg,
		CCP: Hold at 41° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	569 kcal	Cholesterol	51 mg	Sugars	6.3 g	Calcium	184.37 mg	53.79%	Calories from Total Fat
Total Fat	33.98 g	Sodium	1252 mg	Protein	28.83 g	Iron	2.71 mg	11.10%	Calories from Saturated Fat
Saturated Fat	7.01 g	Carbohydrates	40.24 g	Vitamin A	10017.0 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	9.5 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 values

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