

CHICKEN TENDERS SALAD

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup red/orange vegetable, 5/8 cup dark green vegetable, and 5/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE) : VEGETABLES (DARK GREEN) : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Breast Tenders, Breaded, #1018	200 tenders
Cucumber with Peel, Whole, Fresh, #4101	4 pounds
Tomatoes, Cherry, Fresh, #4108	9 pounds + 4 ounces
Broccoli, Fresh Florets, #4000	1 pound + 12 ounces
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	19 pounds
Salad, Mesclun Mix, (Spring Mix), #4014	13 pounds + 4 ounces
Cheese, American, Grated/Shredded, #1306	3 pounds + 4 ounces
Cheese, Mozzarella, Shredded, #1307	3 pounds + 4 ounces
Dressing, Fat Free Italian, 1.5 ounce, #2204	100 packets

DIRECTIONS

- Bake the tenders according to the package directions. Overcooking the tenders will cause them to become dry. Reserve for Step 8.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly.
- Rinse the cucumbers and tomatoes under cool, running water. Drain them all thoroughly. If the broccoli is not pre-washed, rinse and thoroughly drain.
- Slice the cucumbers into 1/4 inch thick rounds.
- Slice the cherry tomatoes in half.
- If needed, cut the broccoli into bite-size pieces.
Place the cucumbers, tomatoes, and broccoli in the refrigerator until ready for the salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for the salad assembly.
- If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool running water, and drain thoroughly.
If needed, chop them into bite-size pieces.
Combine the salad greens together. Then place them in the refrigerator until ready for the salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for the salad assembly.
- Combine the shredded cheeses. Weigh 1 ounce of cheese to determine the portion size.
Place the cheeses in the refrigerator until ready for the salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for the salad assembly.

CHICKEN TENDERS SALAD

DIRECTIONS

8. To assemble the salads:
- Fill the salad container with 2 cups of mixed greens.
 - Place 3 slices of cucumber in the top right corner of the salad container.
 - Add the broccoli florets in the top left corner of the salad container.
 - Place 3 cherry tomatoes (6 halves) or 6 grape (12 halves) tomatoes in the bottom right corner of the salad container.
 - Cut 2 tenders into bite size pieces and place them in the center of each salad.
 - Sprinkle 1 ounce of combined shredded cheese over the chicken tenders.
 - Place 1 packet of salad dressing in the bottom left corner.
 - Cover the salads and place them in the refrigerator until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

9. Portion 1 salad per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grains, 1/4 cup red/orange vegetable, 5/8 cup dark green vegetable, and 5/8 cup other vegetable.

CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for salads.

MISCELLANEOUS NOTES

Presentation Ideas: Use a clear container to allow space for the salad, dressing, or other ingredients. Clear plastic lid, for eye appeal, is preferable.

NUTRIENTS PER SERVING

Calories	295	Dietary Fiber	3.91 g	Sodium	1143.00 mg	Sat. Fat	5.09 g
Carbohydrates	22.94 g	Protein	18.57 g	Total Fat	14.36 g	Trans Fat	0.00 g