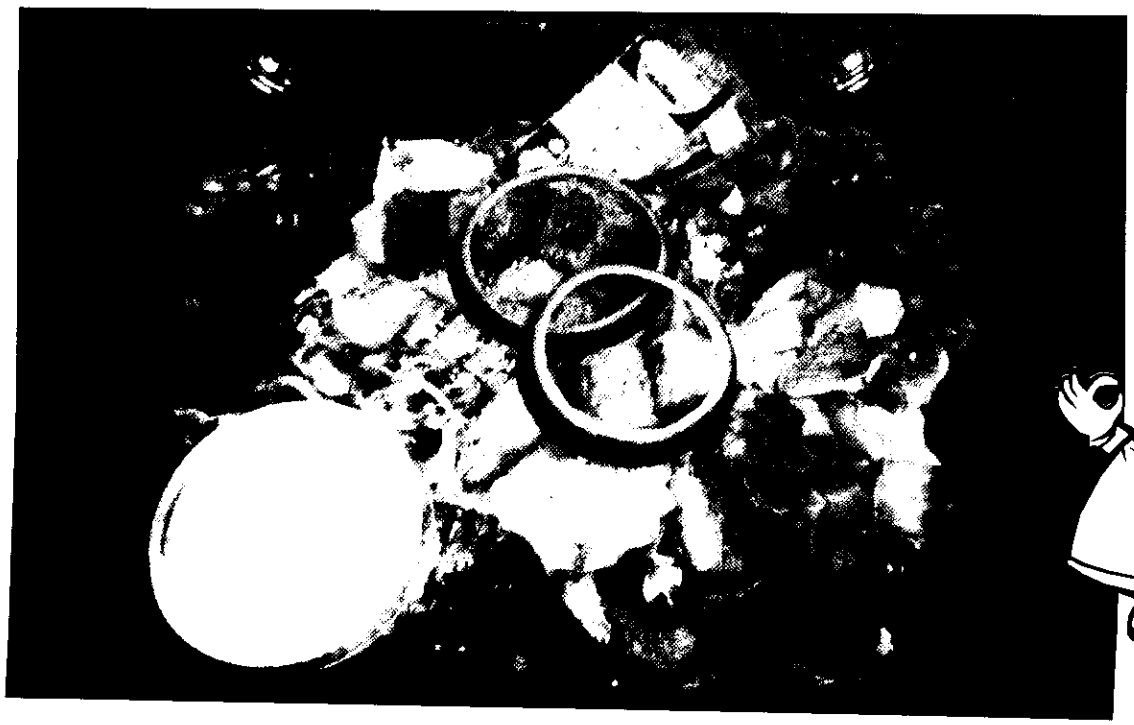
Chicken Caesar Salad

MS Cycles II - #602

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 2 grape tomatoes in each corner of salad tray.
- In center of salad, add 3 ounces of grilled chicken patty, cut into strips.
- In top corner, place 4 packs of club crackers or 2 packs of saltines.
- Garnish with homemade croutons, parmesan cheese, and red onion rings.
- Portion 2 oz. of Caesar dressing in cup and place in bottom corner.



Chicken Caesar Salad, Graphic (602)

(Chicken Caesar Salad, Graphic MC614)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Grilled Chicken Fillets. . . .	. . . . .	50 fillets. . . .	. . . . .	100 fillets. . . .	. . . . .	1. Bake chicken fillets according to package directions. (Overcooking will cause the fillet to become dry.) *CCP: Heat product to a minimum temperature of 140°F.*
Green Salad Mix.	12 lb 8 oz. .	. . . . .	25 lb.	. . . . .	. . . . .	2. Line 9X5 salad tray with green leaf lettuce (2 leaves).
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	3. Fill with 2 cups of washed mixed greens.
Cherry/Grape Tomatoes. . .	1 lb 8 oz. . .	. . . . .	3 lb.	. . . . .	. . . . .	4. Place 2 cherry (or grape) tomatoes in each corner of salad tray.
						5. Cut each chicken fillet in strips and place in center of mixed greens.
Assorted Crackers.	. . . . .	100 packs. . .	. . . . .	200 packs. . .	. . . . .	6. In top corner, place 4 packs of club crackers or 2 packs of saltines.
Grated Parmesan Cheese. .	12½ oz. . . .	. . . . .	1 lb 9 oz. . .	. . . . .	. . . . .	7. Garnish with homemade croutons, parmesan cheese, and 2 red onion rings.
Fresh Red Onions, Sliced. .	. . . . .	100 slices. . .	. . . . .	200 slices. . .	. . . . .	
Homemade Croutons (1316)	. . . . .	25 servings. .	. . . . .	50 servings. .	. . . . .	
Caesar Dressing.	. . . . .	100 - 1 fluid oz	. . . . .	200 - 1 fluid oz	. . . . .	8. Portion 2 oz of Caesar dressing in cup and place in bottom corner. Serve 1 salad per student. *CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 serving grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Caesar Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	537		Iron	2.11	Mg	Protein	24.14	G	Percent ⇒	Protein	17.96%
Cholesterol	86	Mg	Calcium	166.91	Mg	Carbohydrates	24.99	G	Of ⇒	Carbohydrates	18.60%
Sodium	1352	Mg	Vitamin A	127	RE	Total Fat	36.57	G	Calories ⇒	Total Fat	61.24%
Dietary Fiber	3.57	G	Vitamin C	17.97	Mg	Saturated Fat	5.41	G	From ⇒	Saturated Fat	9.05%

Production Notes:

Serving Notes:
Flat container allowing space for the salad, dressing, and croutons is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Fajita Salad

MS Cycles II - #604

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens
- Place 9 tortilla chips around edge of salad
- In center of the mixed greens, add 3 oz. of chicken fajita strips
- Sprinkle 1 oz. shredded cheese (half mozarella and half cheddar)
- Garnish with grape tomatoes and sliced jalepenos
- Portion 3 oz. of Mexi-Ranch Dressing (half Ranch dressing and half salsa)

Chicken Fajita Salad, Graphic (604)

(Chicken Fajita Salad, Graphic MC604)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Green Salad Mix.	12 lb 8 oz. .	6 ¼ gal. . . .	25 lb.	12½ gal. . . .	. . . . .	1. Line 9X5 salad tray with green leaf lettuce (2 leaves). 2. Fill with 2 cups of washed mixed greens. *CCP: Place under refrigeration (41°F) until ready for use in recipe.*
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	
Tortilla Chips.	3 lb.	. . . . .	6 lb.	. . . . .	. . . . .	3. Place 12-14 tortilla chips around edge of salad.
Grilled Chicken Strips. . . .	10 lb.	. . . . .	20 lb.	. . . . .	. . . . .	4. Heat grilled chicken strips according to package directions. Place 3 oz of cooked chicken strips in center of mixed greens.
Mozzarella Cheese, Shredded.	1 lb 9 oz. . .	. . . . .	3 lb 2 oz. . .	. . . . .	. . . . .	5. Sprinkle 1 oz mixture of shredded cheeses on top of chicken strips.
American Cheese, Sliced. .	1 lb 9 oz. . .	. . . . .	3 lb 2 oz. . .	. . . . .	. . . . .	
Cherry Tomatoes.	2 lb 8 oz. . .	. . . . .	5 lb.	. . . . .	. . . . .	6. Garnish with cherry tomatoes and jalapeño peppers.
Jalapeño Peppers.	. . . . .	. . . . .	. . . . .	1/8 gal. . . .	. . . . .	
Mexi-Ranch Dressing. . . .	. . . . .	1 1/6 gal. . .	. . . . .	2 1/3 gal. . . .	. . . . .	7. Portion 3 oz of Mexi-Ranch dressing in portion containers and place on salad. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Fajita Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	474		Iron	2.94	Mg	Protein	29.88	G	Percent ⇒	Protein	25.20%
Cholesterol	96*	Mg	Calcium	312.77	Mg	Carbohydrates	32.86	G	Of ⇒	Carbohydrates	27.72%
Sodium	1640	Mg	Vitamin A	180*	RE	Total Fat	24.92	G	Calories ⇒	Total Fat	47.29%
Dietary Fiber	3.16	G	Vitamin C	17.89*	Mg	Saturated Fat	7.21*	G	From ⇒	Saturated Fat	13.68%

Production Notes:

Serving Notes:
Flat container allowing space for the salad, dressing, croutons, and bacon bits is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Salad, only (606)

(Chicken Salad, only MC606)

Meat/Meat Alternate

Source: MS Cycles USDA E-5

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Diced Chicken	6 lb 6 oz.		12 lb 12 oz.			1. Combine chicken, celery, cooked eggs, pickle relish, pepper, dry mustard, and mayonnaise. Mix lightly until well blended.
Fresh Celery, Diced		5 cups		2 qt 2 cups		2. Cover and refrigerate until ready to use.
Large Eggs		15 eggs		30 eggs		
Sweet Pickle Relish	15 oz.	1 ¾ cups	1 lb 14 oz.	1 lb 14 oz.		
Black Pepper		2 tsp.		1 Tbsp 1 tsp.		
Mustard Powder		1 Tbsp 1½ tsp		3 Tbsp.		
Table Salt	1 oz.	2 Tbsp.	2 oz.	4 Tbsp.		*CCP: Hold and maintain product at a maximum temperature of 41°F.*
Mayonnaise	1 lb 9 oz.	3 ¼ cups	3 lb 3 oz.	1 qt 2½ cups		
						3. Portion chicken salad with No. 8 scoop.

Serving: ½ cup (No. 8 scoop) chicken salad provides 2 oz meat/meat alternate.

Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	195		Iron	1.03	Mg	Protein	18.63	G	Percent ⇒	Protein	38.27%
Cholesterol	121	Mg	Calcium	21.73	Mg	Carbohydrates	6.28	G	Of ⇒	Carbohydrates	12.89%
Sodium	560	Mg	Vitamin A	31	RE	Total Fat	11.05	G	Calories ⇒	Total Fat	51.06%
Dietary Fiber	0.28	G	Vitamin C	0.87	Mg	Saturated Fat	2.19	G	From ⇒	Saturated Fat	10.14%

Production Notes:
Basic recipe for chicken salad sandwiches and other recipes using chicken salad.
If heavy duty mayonnaise is used, nutrient analysis is changed.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Tomato Stuffed with Chicken Salad (608)

(Tomato Stuffed with Chicken Salad MC608)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Tomatoes.	16 lb.	. . . . .	32 lb.	. . . . .	. . . . .	1. Wash tomatoes. 2. Wedge tomatoes into 8 sections. Do not cut tomatoes more than ¾ deep.
Iceberg Lettuce, Shredded.	. . . . .	3 qt.	. . . . .	6 qt.	. . . . .	3. In bottom of clear 10 oz hinged container, place ¼ cup shredded lettuce.
Chicken Salad (603).	. . . . .	50-1/2 cups. . .	. . . . .	100-1/2 cups. . .	. . . . .	4. Place tomato on top of bed of lettuce. Portion ½ cup (#8 scoop) of chicken salad in wedged tomato.
Saltine Crackers.	. . . . .	100-4 packs. . .	. . . . .	200-4 packs. . .	. . . . .	5. Place 2 packs of saltine crackers on side. Close container. *CCP: Cover and refrigerate at 41°F until ready for service.*

Serving: 1 stuffed tomato provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	329		Iron	1.79	Mg	Protein	19.96	G	Percent ⇒	Protein	24.30%
Cholesterol	121	Mg	Calcium	30.50	Mg	Carbohydrates	13.86	G	Of ⇒	Carbohydrates	16.87%
Sodium	878	Mg	Vitamin A	125	RE	Total Fat	14.58	G	Calories ⇒	Total Fat	39.93%
Dietary Fiber	2.06	G	Vitamin C	28.93	Mg	Saturated Fat	2.26	G	From ⇒	Saturated Fat	6.20%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Salad with Crackers (610)

(Chicken Salad with Crackers MC610)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Chicken, Diced	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt		1. Combine chicken, celery, onions, pickle relish, salt, pepper, dry mustard, and mayonnaise. Mix lightly until well blended. *CCP: Cover and place under refrigeration until ready for use in recipe.* *CCP: Hold and maintain product at a maximum temperature of 41°F.*
Fresh Celery, Diced	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups		
Fresh Onions, Diced	12 oz	2 cups	1 lb 8 oz	1 qt		
Sweet Pickle Relish	15 oz	1¾ cups	1 lb 14 oz	3½ cups		
Black Pepper		2 tsp		1 Tbsp 1 tsp		
Mustard, Powder		1 Tbsp 1½ tsp		3 Tbsp		
Mayonnaise	1 lb 9½ oz	3¼ cups	3 lb 3 oz	1 qt 2½ cups		
Table Salt		2 Tbsp		4 Tbsp		
Loose Leaf Lettuce	1 lb 4 oz		2 lb 8 oz			2. Wash lettuce thoroughly, separate leaves and dry thoroughly. (Shredded lettuce is an option.) 3. Wash tomatoes and wedge with 6-count wedger.
Fresh Tomatoes	3 lb 4 oz	9 medium size	6 lb 8 oz	18 medium size		
Saltine Crackers		100-4 packs		200-4 packs		4. Portion chicken salad with #8 scoop onto lettuce leaf and place one tomato wedge on the side. 5. Serve with two 4-count packs of crackers.

Serving: ½ cup (#8 scoop) chicken salad and 8 crackers provide 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	291		Iron	2.01	Mg	Protein	19.44	G	Percent ⇒	Protein	26.75%
Cholesterol	61	Mg	Calcium	24.57	Mg	Carbohydrates	22.17	G	Of ⇒	Carbohydrates	30.50%
Sodium	799	Mg	Vitamin A	34	RE	Total Fat	13.21	G	Calories ⇒	Total Fat	40.89%
Dietary Fiber	0.80	G	Vitamin C	5.97	Mg	Saturated Fat	2.90	G	From ⇒	Saturated Fat	8.98%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken or Tuna Salad

MS Cycles II - #612 Chicken or #634 Tuna

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens
- Portion 1/2 cup number 8 scoop of chicken or tuna salad in center of mixed greens; garnish with paprika.
- Place 5 grape tomatoes, cut in half, around chicken or tuna mixture
- Cut one boiled egg into quarters; place two quarters in opposite corners
- In front corner, place 3 slices of cucumber
- In top corner, place cluster of grapes or other fresh fruit.
- At top of salad, place 4 packs of club crackers or 2 packs of saltines.

Chicken Salad Salad, Graphic (612)

(Chicken Salad Salad, Graphic MC612)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cucumber.	4 lb.	. . . . .	8 lb.	. . . . .	. . . . .	1. Wash cucumbers and tomatoes. Drain.
Fresh Cherry Tomatoes. . .	2 lb 8 oz. . .	. . . . .	5 lb.	. . . . .	. . . . .	2. Slice cucumbers ¼ " thick.
						3. Slice cherry or grape tomatoes in half.
Green Salad Mix.	. . . . .	6¼ gal. . . .	. . . . .	12½ gal. . . .	. . . . .	4. Line 9X5 salad tray with green leaf lettuce (2 leaves).
Loose Leaf Lettuce. . . .	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	5. Fill 2 cups of washed mixed greens.
Chicken Salad (MC606). . .	. . . . .	50 - ½ cups. .	. . . . .	100 - ½ cups. .	. . . . .	6. Portion ½ cup (No. 8 scoop) of chicken salad in center of mixed greens. Garnish with paprika.
						7. Place 5 cherry (or grape) tomatoes cut in half around chicken salad mixture.
						8. In front corner, place 3 slices of cucumber.
Fresh Large Eggs.	. . . . .	25 eggs. . . .	. . . . .	50 eggs. . . .	. . . . .	9. Cut boiled eggs into quarters. Place 2 quarters in opposite corners.
Seedless Grapes.	. . . . .	9½ cups. . . .	. . . . .	1 gal 3 cups. .	. . . . .	10. In top corner, place cluster of grapes (3/8 cup) or other fresh fruit.
Saltine Crackers.	. . . . .	100 - 4 packs	. . . . .	200 - 4 packs	. . . . .	11. At top of salad, place 2 packages of saltines or 4 packs of club crackers.
Assorted Nonfat Dressing. .	. . . . .	50 - 1.5 oz packets. . .	. . . . .	100 - 1.5 oz packets. . .	. . . . .	12. Serve 1 chicken salad salad with 1 packet of dressing. *CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 serving grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Salad Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	473		Iron	4.80	Mg	Protein	28.55	G	Percent ⇒	Protein	24.13%
Cholesterol	229	Mg	Calcium	166.00	Mg	Carbohydrates	38.28	G	Of ⇒	Carbohydrates	32.35%
Sodium	1563	Mg	Vitamin A	356	RE	Total Fat	17.66	G	Calories ⇒	Total Fat	33.59%
Dietary Fiber	10.33	G	Vitamin C	48.22	Mg	Saturated Fat	3.15	G	From ⇒	Saturated Fat	5.99%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

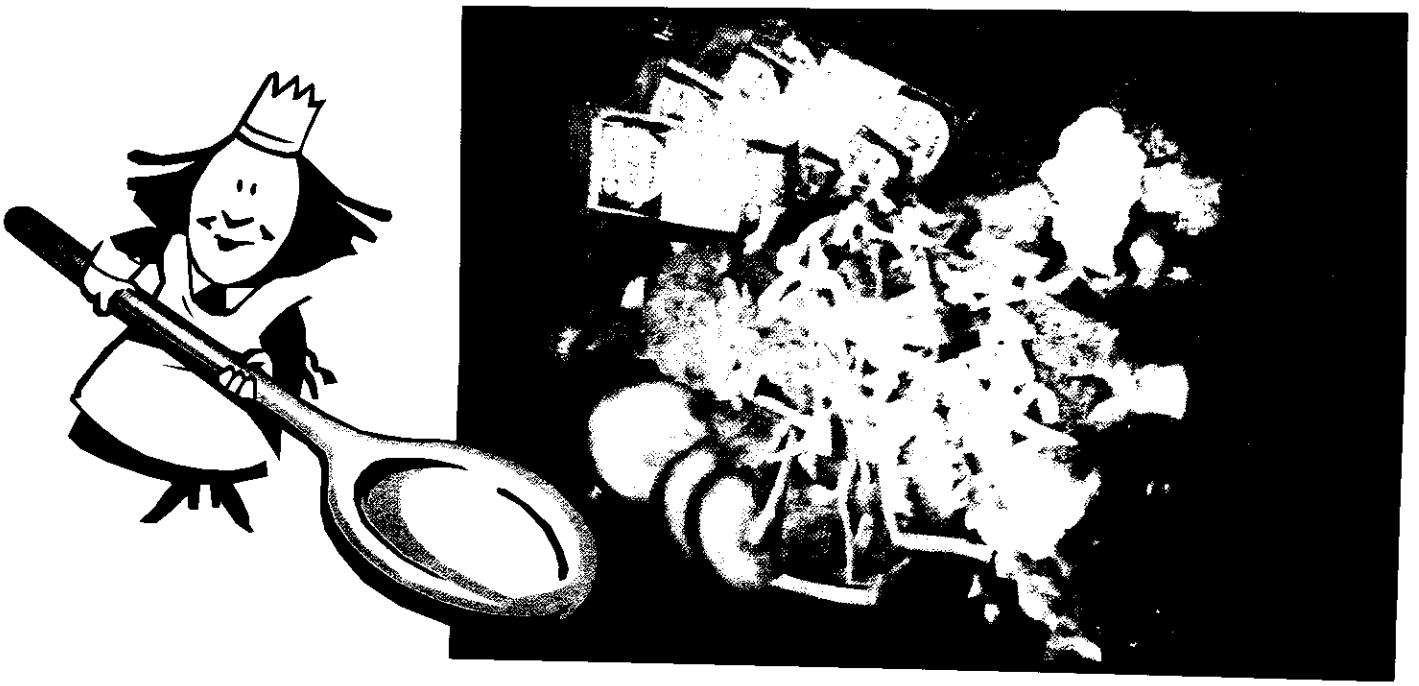
Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Tenders Salad

MS Cycles II - #614

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 3 slices of cucumber in front left corner
- Add broccoli florets, cauliflower florets, and sliced or shredded carrots in corner opposite cucumbers
- Place 3 grape tomatoes in remaining corners
- Cut 2 chicken tenders into bite-sized pieces and place in center of salad.
- Sprinkle one ounce cheese (half shredded mozarella and half cheddar)
- At top and bottom of salad, place two packs of club crackers or one pack of saltines.



Chicken Tenders Salad, Graphic (614)

(Chicken Tenders Salad, Graphic MC614)

Meat/Meat alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Tenders.	. . . . .	100 tenders. .	. . . . .	200 tenders. .	. . . . .	1. Bake tenders according to package directions. (Overcooking will cause the tenders to become dry.) *CCP: Heat product to a minimum temperature of 140°F.*
Cucumber with Peel.	. . . . .	8 cucumbers	. . . . .	16 cucumbers	. . . . .	2. Wash cucumbers, tomatoes, broccoli, and cauliflower.
Cherry Tomatoes.	1 lb 8 oz. . .	. . . . .	3 lb.	. . . . .	. . . . .	3. Slice cucumber ¼" thick.
Fresh Broccoli Florets. . . .	. . . . .	100 florets. .	. . . . .	200 florets. . .	. . . . .	4. If needed, cut broccoli and cauliflower into bite-size pieces.
Fresh Cauliflower Chunks. .	8 oz.	. . . . .	1 lb.	. . . . .	. . . . .	
Green Salad Mix.	12 lb 8 oz. .	6¼ gal. . . .	25 lb.	12 ½ gal. . . .	. . . . .	5. Line 9X5 salad tray with green leaf lettuce (2 leaves).
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	6. Fill with 2 cups of washed mixed greens.
						7. Place 3 slices of cucumber in front left corner of tray. Add broccoli florets and cauliflower florets in corner opposite cucumbers. Place cherry tomatoes in front right corner.
						8. Cut 2 tenders into bite-size pieces and place in center of salad.
American Cheese, Grated. .	1 lb 10 oz. .	. . . . .	3 ¼ lb. . . .	. . . . .	. . . . .	9. Sprinkle 1 oz mixture of shredded cheeses over chicken tenders.
Mozzarella Cheese, Shredded.	1 lb 10 oz. .	. . . . .	3 ¼ lb. . . .	. . . . .	. . . . .	
Crackers, Assortment. . . .	. . . . .	100 packages	. . . . .	200 packages	. . . . .	10. Place two 4-count packs of saltine crackers or four 2-count packs of club crackers in the top left hand corner.
Assorted Non-Fat Dressings	. . . . .	50 – 1.5 oz packets. . .	. . . . .	100 - 1.5 oz packets. . .	. . . . .	11. Serve 1 salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 chicken tender salad provides 2 oz meat/meat alternate, 2 cups vegetable and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Tenders Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	370		Iron	1.88	Mg	Protein	22.51	G	Percent ⇒	Protein	24.35%
Cholesterol	47	Mg	Calcium	256	Mg	Carbohydrates	33.43	G	Of ⇒	Carbohydrates	36.17%
Sodium	1402	Mg	Vitamin A	210	RE	Total Fat	16.76	G	Calories ⇒	Total Fat	40.80%
Dietary Fiber	5.91	G	Vitamin C	40.6	Mg	Saturated Fat	6.08	G	From ⇒	Saturated Fat	14.81%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

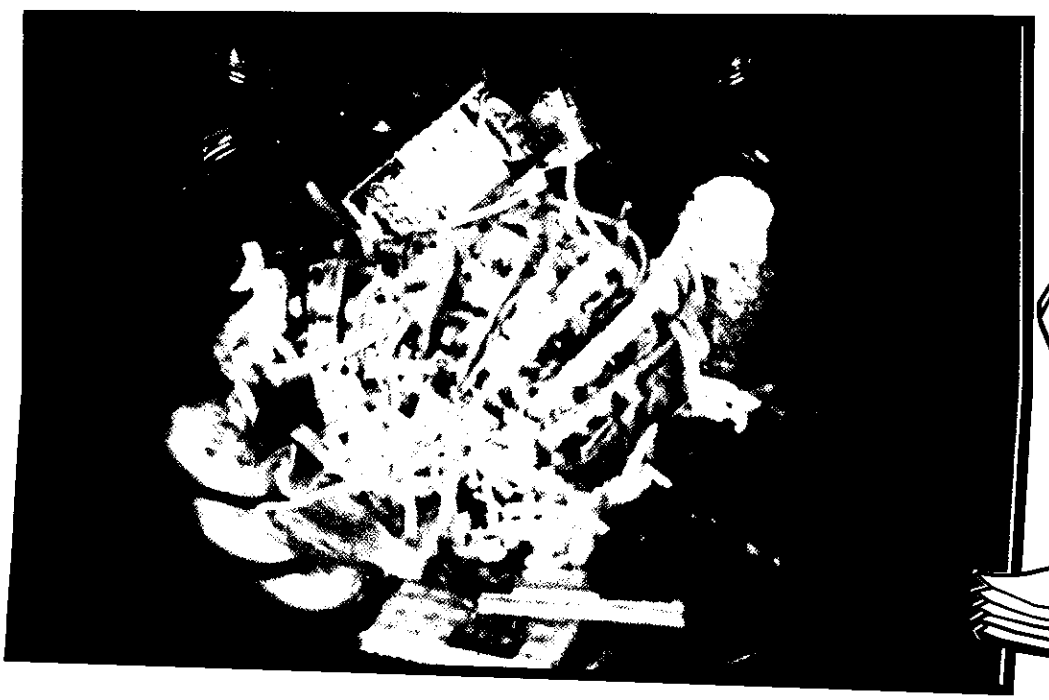
Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

GRILLED CHICKEN SALAD

MS Cycles II - #620

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 3 slices of cucumber in front left corner
- Add broccoli florets, cauliflower florets, and sliced or shredded carrots in corner opposite cucumbers
- Place 3 grape tomatoes in remaining corners
- In center of salad, add 3 ounces of grilled chicken patty, cut into strips, in center of salad.
- Sprinkle one ounce cheese (half shredded mozarella and half cheddar)
- At top and bottom of salad, place two packs of club crackers or one pack of saltines.



Grilled Chicken Salad, Graphic (620)

(Grilled Chicken Salad MC620)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Grilled Chicken Fillets. . . .	. . . . .	50 fillets. . . .	. . . . .	100 fillets. . . .	. . . . .	1. Bake fillets according to package directions. (Overcooking will cause the fillets to become dry.) *CCP: Heat product to a minimum temperature of 140°F.*
Cucumber with Peel. . . . . Cherry Tomatoes. . . . . . Fresh Broccoli Florets. . . . Fresh Cauliflower Chunks. .	. . . . . . 1 lb 8 oz. . . . . 8 oz.	8 cucumbers . . . . . . 100 florets.	. . . . . . 3 lb. . . . . 1 lb.	16 cucumbers . . . . . . 200 florets.	. . . .	2. Wash cucumbers, tomatoes, broccoli, and cauliflower. 3. Slice cucumber ¼" thick. 4. If needed, cut broccoli and cauliflower into bite-size pieces.
Green Salad Mix. . . . . . Loose Leaf Lettuce.	12 lb 8 oz.	6¼ gal. . . . 100 leaves. .	25 lb.	12½ gal. . . . 200 leaves. . .	. . . .	5. Line 9X5 salad tray with green leaf lettuce (2 leaves). 6. Fill with 2 cups of washed mixed greens.
						7. Place 3 slices of cucumber in front left corner of tray. Add broccoli florets and cauliflower florets in corner opposite cucumbers. Place cherry tomatoes in front right corner.
						8. Cut 1 fillet into strips and place in the center of salad.
American Cheese, Grated. . Mozzarella Cheese, Shredded.	1 lb 10 oz. . 1 lb 10 oz. .	. . . .	3¼ lb. . . . 3¼ lb. . . .	. . . .	. . . .	9. Sprinkle 1 ox mixture of shredded cheeses over chicken fillets.
Crackers, Assortment. . . .	. . . . .	100 packages	. . . . .	200 packages	. . . . .	10. Place two 4-count packs of saltine crackers or four 2-count packs of club crackers in the top left hand corner.
Assorted Non-Fat Dressings	. . . . .	50 – 1.5 oz packets. . .	. . . . .	100 – 1.5 oz packets. . .	. . . . .	11. Serve 1 salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 grilled chicken salad provides 2 oz meat/meat alternate, 2 cups vegetable and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Grilled Chicken Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	375		Iron	1.95	Mg	Protein	26.27	G	Percent ⇒	Protein	28.06%
Cholesterol	63	Mg	Calcium	251.38	Mg	Carbohydrates	28.04	G	Of ⇒	Carbohydrates	29.94%
Sodium	1440	Mg	Vitamin A	216	RE	Total Fat	17.41	G	Calories ⇒	Total Fat	41.84%
Dietary Fiber	3.94	G	Vitamin C	41.28	Mg	Saturated Fat	6.66	G	From ⇒	Saturated Fat	16.01%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: