

# Cooking for Kids

## Recipe Sizing Report

990018 - Chicken Salad Sandwich :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3/4 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902220 SALAD DRSG,MAYO TYPE,RED CAL-COMMOD... 001117 YOGURT,PLN,LOFAT..... 009206 ORANGE JUICE,RAW..... 009153 LEMON JUC FROM CONC,CND OR BTLD..... 019335 SUGARS,GRANULATED.....	2 cups 2 cups 1 cup 1/2 cup 1 cup	1. In a bowl, mix together mayonnaise, yogurt, orange juice, lemon juice, and sugar to make a smooth dressing.
075013 CHICKEN BREAST,Boneless,Skinless (avg 4..... 011143 CELERY,RAW..... 011282 ONIONS,RAW..... 012563 ALMONDS,DRY RSTD,W/SALT.....	9 LBS 2 qts + 2 CUPS (chopped) 2 CUPS (chopped) 1 lb + 8 ozs	2. In another large bowl, combine chicken (cooked), celery, onion, and almonds. Add dressing and mix well.
902982 Bread – Whole Wheat.....	100 slice	3. Place 3/4 cup chicken mixture onto 1 slice of bread and top with 2nd slice of bread.

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	290 kcal	Cholesterol	29 mg	Sugars	*10.4* g	Calcium	71.43 mg	37.91%	Calories from Total Fat
Total Fat	12.19 g	Sodium	316 mg	Protein	17.17 g	Iron	1.04 mg	6.32%	Calories from Saturated Fat
Saturated Fat	2.03 g	Carbohydrates	32.58 g	Vitamin A	119.4 IU	Water <sup>1</sup>	46.45 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.04 g	Vitamin C	4.0 mg	Ash <sup>1</sup>	1.81 g	45.01%	Calories from Carbohydrates
								23.72%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**