

Cooking for Kids

Recipe Sizing Report

000375 - Chicken Salad Sandwich CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 3/4 CUP	Meat/Alt: 1.5 oz Grains: 1 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.....	2/3 cup + 2 1/4 tsp 2/3 cup + 2 1/4 tsp 1/3 cup + 1 1/8 tsp 2 Tbsp + 2 1/2 tsp 1/3 cup + 1 1/8 tsp	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.....	3 lbs + 3 1/2 OZS 3 1/2 cups + 1 TBSP (chopped) 2/3 cup + 2 1/4 TSP (chopped) 1 3/4 cup	2. Add in and combine chicken (cooked), celery, onion, and almonds and mix well.
902982 Bread – Whole Wheat.....	50 slice	3. Place 1/2 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	235 kcal	Cholesterol	21 mg	Sugars	*8.6* g	Calcium	51.02 mg	34.94%	Calories from Total Fat
Total Fat	9.14 g	Sodium	271 mg	Protein	13.41 g	Iron	0.74 mg	6.10%	Calories from Saturated Fat
Saturated Fat	1.59 g	Carbohydrates	29.27 g	Vitamin A	85.3 IU	Water ¹	33.40 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.46 g	Vitamin C	2.9 mg	Ash ¹	1.54 g	49.75%	Calories from Carbohydrates
								22.78%	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.

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.