Cooking for Kids

000174 - Greek Salad with Chicken :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW............................. 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.................................... 901062 ONIONS,RED,RAW.. 011333 PEPPERS,SWT,GRN,RAW..	6 GALS 15 cup 10 each (8-1/4") 3 lbs 2 qts + 2 cups	1. Chop romaine lettuce into 3/4 inch strips. Chop tomatoes, cucumber, onions, and peppers.
902954 Chicken Breast, Breaded WG...	50 Each	2. Place chicken on sheet trays and bake in oven at 350° F for 15 minutes or until internal temperature reaches 165° F. Let cool. 3. Layer salad in order of ingredients into individual bowls using 2 cups of romaine lettuce for each salad.
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..................... 051558 Cheese, Mozzarella, Lite, Shredded................................	2 qts + 2 cups 4 lbs	4. Place one chicken breast on top of each salad then top with olives and cheese. Hold at 41° F or lower for service.

*Nutrients are based upon 1 Portion Size (1 Each)

Calories	417	kcal	Cholesterol	38	mg	Sugars	*5.0*	g	Calcium	*116.77*	mg	48.04%	Calories from Total Fat
Total Fat	22.27	g	Sodium	728	mg	Protein	27.64	g	Iron	*4.81*	mg	12.45%	Calories from Saturated Fat
Saturated Fat	5.77	g	Carbohydrates	29.72	g	Vitamin A	*8595.0*	IU	Water¹	*258.69*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	7.13	g	Vitamin C	*37.6*	mg	Ash¹	*1.80*	g	28.49%	Calories from Carbohydrates
												26.49%	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.