

Chicken Salad Sandwich - CACFP

General Information

Recipe #	Category	Source
1993940	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Salad Dressing, mayonnaise-like, fat-free	3 tbsp., 2 5/8 tsp.	
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	1 1/2 oz.	
Beverages, Orange juice, light, No pulp	1/4 oz.	
Lemon juice, raw	1 1/2 tsp.	
Sugars, granulated	1 tbsp., 1 1/3 tsp.	
Spices, pepper, black	1/8 tsp. ground	
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	1 lbs., 1/3 oz.	
Celery, raw	3/4 c., 1 tbsp., 1 1/3 tsp. chopped	
Onions, raw	3 tbsp., 2 5/8 tsp. chopped	
Bread, whole-wheat, prepared from recipe	12 slice, regular (4" x 5" x 3/4")	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. In a bowl, mix together mayo, yogurt, orange juice, lemon juice, sugar, and salt to make a smooth dressing.
2. Add in and combine chicken (cooked), celery, onion, and almonds. Mix well.
3. Place a 5 oz spoodle of chicken salad mixture onto 1 slice of bread and top with 2nd slice of bread.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

CCP: Record time and internal temperature of completed recipe on daily log.



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Serving Size	Yield
2/3 Cup	6.00

Nutrition Facts

Serving Size 2/3 Cup (212 gm)		
Amount Per Serving		
Calories		395.399
		% Daily Value*
Total Fat	8.978 gm	13.812%
Saturated Fat	1.729 gm	8.647%
Trans Fat	0.000* gm	
Cholesterol	47.161 mg	15.72%
Sodium	518.694 mg	21.612%
Total Carbohydrate	54.254 gm	18.085%
Dietary Fiber	6.065 gm	24.26%
Total Sugars	8.365 gm	
Includes 3.018 * gm of Added Sugars		
Protein	26.063 gm	52.126%
Vitamin A	3.305* mcg RAE	0.367%
Vitamin C	1.724* mg	2.874%
Vitamin D	0.000 mcg	
Calcium	55.074 mg	5.507%
Iron	3.836 mg	21.309%
Potassium	794.292 mg	16.9%
Saturated Fat % of Calories		3.937 %
Added Sugar % of Calories		3.053 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1.5 oz

Dates

Last Updated
01-06-2026

Created
10-16-2025

Grains

1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Tyson Foods, Inc. 🇺🇸

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