

# Monterey Chicken Flat Bread - CACFP

## General Information

Recipe # 2013849	Category Lunch Entree 	Source Local
---------------------	--	-----------------

## Ingredients

Name	Quantity	+ Quantity 2
Vegetable oil, palm kernel	3/8 tsp.	
Garlic, raw	3/4 tsp.	
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	6 1/8 oz.	
Peppers, sweet, green, raw	2 5/8 oz.	
Onions, raw	3 oz.	
Seasoning mix, dry, taco, original	3/8 tsp.	
Spices, cumin seed	1/8 tsp. ground	
Flatbread, Round, 6", Whole Grain, 144/2oz, 18#, 2WG, Rich's, 15191	3 Flatbread	
Cheese, mozzarella, nonfat	1 5/8 oz.	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Pre-heat oven to 350 degrees F.
2. In a large pot on medium heat on the stovetop, place oil, garlic, and chicken. Cook until chicken is thawed. If already thawed, cook for 3 minutes.
3. Add peppers, onions, and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender. Internal temperature must reach 165 degrees F.
4. Place flatbreads on sheet pans. Spray each flatbread with pan spray. Top with chicken mixture and cheese and put in oven for 5-10 minutes until cheese melts and flatbread is crisp. Cut flatbread in half and hold hot for service.

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 frozen product from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

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.

[insert storage & handling instructions from ingredient file]. Place product in a single layer on a clean pan.

Preheat oven [insert oven type & oven temp from ingredient file].



## Monterey Chicken Flat Bread - CACFP

Serving Size	Yield
1/2 Each	6.00

## Nutrition Facts

Serving Size 1/2 Each (92 gm)

Amount Per Serving		
Calories		144.365
		% Daily Value*
<b>Total Fat</b>	3.723 gm	5.727%
Saturated Fat	0.833 gm	4.165%
Trans Fat	0.000* gm	
<b>Cholesterol</b>	18.539 mg	6.18%
<b>Sodium</b>	183.684 mg	7.654%
<b>Total Carbohydrate</b>	16.384 gm	5.461%
Dietary Fiber	1.624 gm	6.497%
Total Sugars	1.525 gm	
Includes 0.506* gm of Added Sugars		
<b>Protein</b>	11.706 gm	23.412%
Vitamin A	11.540* mcg RAE	1.282%
Vitamin C	10.732* mg	17.887%
Vitamin D	0.000* mcg	
Calcium	105.177 mg	10.518%
Iron	1.252 mg	6.955%
Potassium	269.282 mg	5.729%
Saturated Fat % of Calories		5.194%
Added Sugar % of Calories		1.403%

\* 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 oz

Place in oven and bake [insert heating instructions from ingredient file].

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

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

## Dates

---

### Last Updated

01-06-2026

### Created

11-04-2025

Grains

1 oz

Other Vegetables

0.125 cups


## Added Sugar Limitations


---

Not applicable.

## Vendors

---

Rich's 

Tyson Foods, Inc. 

[Edit Recipe](#)