

SOUTHWESTERN CHICKEN ENTRÉE SHAKER SALAD

RSD #10, Avon & Canton Public Schools - 2018

Grades: 6-12

Yield: 1 portion

INGREDIENTS	1 SERVING		25 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Cooked brown rice		½ cup			<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash Hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Layer ingredients in a 20 oz. plastic cup with dome lid. <p>Serving Instructions</p> <ol style="list-style-type: none"> 2. Offer choice of 2 oz. WG bread or dinner roll, dressing packet and choice of 8 oz. ctn. of milk to make a complete reimbursable meal.
Grilled chicken breast (Proview), unbreaded, cubed	2 oz.				
Romaine lettuce		1 cup			
Black beans	2 oz.	¼ cup			
Corn	2 oz.	¼ cup			
Tomatoes, chopped	4 oz.	½ cup			
Cheddar cheese, shredded	1 oz.	¼ cup			
<p>Serving Size: 1 container Meal Pattern Contribution: 3 oz. meat/meat alternate, 1 oz equivalent of WG grain, ½ cup Dark Leafy Green veg., ¼ Legumes veg., ¼ Starchy veg., ½ cup Red/Orange veg. Allergens: Dairy NOTE: Analysis is for the Shaker salad only. Additional items recommended must be analysed separately.</p>					<p>HACCP</p> <ol style="list-style-type: none"> 1. Hold at 40°F or lower throughout serving. check temperature at the end of each serving line and refrigerate between lines.

Recipe and Meal Contribution Review completed by Put Local on Your Tray. SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

