

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</p> <p>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.</p> <p>Allergens: Dairy</p> <p>NOTE: Analysis is for the shaker salad only. Additional items recommended must be analysed separately.</p>					<p>HACCP Instructions:</p> <ol style="list-style-type: none"> 1. Hold at 40°F or lower throughout serving. check temperature at end of each serving line and refrigerate between lines. If above 40°F, remove from line and chill to 40°F or lower.

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.

