

# SOUTHWESTERN CHICKEN ENTRÉE SHAKER SALAD

RSD #10, Avon & Canton Public Schools - 2018

Grades: 6-12

Yield: 1 portion

INGREDIENTS	1 SERVING		DIRECTIONS
	WEIGHT	MEASURE	
Cooked brown rice		½ cup	<ol style="list-style-type: none"> <li>1. Sanitize work area with bleach &amp; water solution.</li> <li>2. Wash hands.</li> <li>3. Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>1. Layer ingredients in a 20 oz. plastic cup with dome lid.</li> </ol>
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><b>Serving Size:</b> 1 container</p> <p><b>Meal Pattern Contribution:</b> 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><b>Allergens:</b> Dairy</p> <p><b>Note:</b> Analysis is for the Shaker salad only. Additional items recommended must be analyzed separately.</p>			<p><b>HACCP/ Serving Instructions:</b></p> <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.</li> </ol>

*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.*

