# Southwestern Chicken Entrée Shaker Salad

**Grades:** 6-12

**Yield:** 1 portion

## Ingredients

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>1 SERVING</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked brown rice</td>
<td>½ cup</td>
<td>1. Sanitize work area with bleach &amp; water solution.</td>
</tr>
<tr>
<td>Grilled chicken breast (Proview), unbreaded, cubed</td>
<td>2 oz.</td>
<td>2. Wash hands.</td>
</tr>
<tr>
<td>Romaine lettuce</td>
<td>1 cup</td>
<td>3. Put on food service gloves.</td>
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<tr>
<td>Black beans</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, chopped</td>
<td>½ cup</td>
<td><strong>Cooking Methods:</strong></td>
</tr>
<tr>
<td>Cheddar cheese, shredded</td>
<td>¼ cup</td>
<td>1. Layer ingredients in a 20 oz. plastic cup with dome lid.</td>
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</tbody>
</table>

## Directions

1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

## 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 analyzed separately.

## HACCP/ Serving Instructions

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.
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.

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.