

School District Of Greenville County

Recipe Prep Sheet



990099 - Buffalo Blue Chicken Salad

Recipe HACCP Process: #1 No Cook

Source: 2017-2018

Number of Portions: 20

Portion Size: 1 salad

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Ingredient #	Ingredient Name	Measurements	Instructions
011251	LETTUCE, ROMAINE, RAW	1 3/4 gal + 2 cup	<p style="color: red; font-weight: bold;">Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p style="color: red; font-weight: bold;">NOTE: THAW CHICKEN ONE DAY AHEAD IN COOLER. DO NOT COOK CHICKEN, THIS IS A READY TO EAT PRODUCT</p> <p>Directions</p> <ol style="list-style-type: none"> 1. Prepare the work station by cleaning and sanitizing all areas. 2. Gather all ingredients for preparation. 3. Thoroughly tomatoes under running water. 4. Cut and core tomatoes into 8 wedges and eggs into 4 quarters. Place tomatoes and eggs in separate containers. <u style="color: red;">Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u> 5. Dice Chicken fillets in 1/4 inch cubes. Place chicken cubes in large mixing bowl and add hot sauce, mix thoroughly. 6. Place in pans. <u style="color: red;">Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u> 7. Remove all ingredients necessary for production from the cooler. 8. Portion 1.5 cups of lettuce into each 24 oz. black plastic bowl in an assembly line style of production. Divide buffalo chicken evenly between salads and top each salad with 2 oz of croutons and 1 oz of blue cheese. 9. Place 2 tomato wedges & 4 egg quarters on opposite sides of the container. <u style="color: red;">Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u> 10. Serve with choice of dressing. <p style="font-weight: bold;">Serving: 1 salad will provide 2 oz. meat/meat alternate, 1/4 cup of red/orange vegetable, 1/2 cup of dark green vegetable, 1 serving of grain.</p>
990318	Cheese, Blue Cheese Crumble*	1 LB + 4 oz	
900577	Crouton, Cube Seasoned, Bulk, SYSCO	2 LB + 8 oz	
990328	Egg Hard Boiled, Whole, Peeled*	20 each	
011529	TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE*	5 large whole (3" dia)	
900888	Sauce, Hot, TEXAS PETE SYS	2 1/2 cup	
990298	Chicken, Breaded Filet Spicy, PROVIEW *	20 EACH	

*Nutrients are based upon 1 Portion Size (1 salad)

Calories ¹	628.861 kcal	Total Fat	24.738 g	Total Dietary Fiber	4.026 g	Vitamin C	16.254 mg	35.403% Calories from Total Fat
Saturated Fat ¹	5.125 g	Trans Fat ²	0.000 g	Protein	38.869 g	Iron	11.527 mg	7.334% Calories from Sat Fat
Sodium ¹	1874.827 mg	Cholesterol	253.338 mg	Vitamin A	7548.636 IU	Water	*109.707* g	0.000% Calories from Trans Fat
Sugars	2.036 g	Carbohydrate	66.589 g	Calcium	112.351 mg	Ash	*0.636* g	42.355% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.350			24.723% Calories from Protein
Type of Fat	-							

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Components									
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	.75 cup	Milk	cup

Allergens								
Milk	Egg	TreeNut	Soy	Wheat	Corn			

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