



PREPARING SALADS IN SCHOOL KITCHENS

Preparing Green Salads

1. **Store fresh produce at the right temperature.** Most produce may be stored in refrigerators that maintain a temperature of 41°F or less. Some fruits produce ethylene gas, which promote ripening or deterioration, depending on the type of produce. The National Food Service Management Institute has guidance on Best Practices for produce. Visit their website at www.nfsmi.org.
2. **Use a variety of ingredients for contrast in color, flavor, texture, and shape.** Begin with a leafy green vegetable and add a variety of ingredients.
3. **Wash the greens thoroughly** in plenty of cool water to remove all traces of dirt or sand. Change the water as often as necessary until absolutely no traces of dirt, grit, or sand are visible. Separate the lettuce or other greens into leaves. Trim any coarse ribs or stem ends away.
4. **Dry the greens completely.** Salad dressings cling best to well-dried greens. Thoroughly dried greens maintain quality longer. Be sure tossed green salads are drained and dry. Use a salad spinner for best results.
5. **Cut or tear the lettuce into bite-size pieces.** A sharp, high-carbon, stainless-steel knife is necessary to prevent discoloration. A sharp knife will ensure that the leaves are sliced rather than crushed and bruised.
6. **Keep greens chilled until ready to serve.** Store greens in shallow tubs with a tight cover until service.
7. **Offer a variety of lowfat or fat-free salad dressings** for students to add to the salad.

Preparing Pre-Plated Salads

PRE-PLATED SALADS ARE SALADS THAT ARE PLACED ON A SEPARATE PLATE OR SMALL BOWL AND ARRANGED IN FOUR PARTS: A BASE OR UNDERLINER OF A SALAD GREEN, THE BODY OF THE SALAD, THE SALAD DRESSING, AND THE GARNISH.

Reference:

Adapted from National Food Service Management Institute. (2009)

Culinary Techniques for Healthy School Meals (2nd ed.) University, MS: www.nfsmi.org/ResourceOverview.aspx?ID=288.

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1. **Store fresh produce at the right temperature.** Most produce may be stored in refrigerators that maintain a temperature of 41°F or less. Some fruits produce ethylene gas, which promote ripening or deterioration, depending on the type of produce. The National Food Service Management Institute has guidance on Best Practices for produce. Visit their website at www.nfsmi.org.
2. **Prepare the base or underliner to frame the salad.** A salad green is placed on a plate as the underliner for the main ingredient of the salad. Be sure the green is well-drained.
3. **Prepare the body or main ingredient of the salad.** The main ingredient(s) should be drained and chilled. Follow the recipe for a quality product. When arranging the main ingredient(s) on the underliner, vary the shapes and heights of the ingredients for visual appeal.
4. **Prepare the salad dressing.** Some recipes include salad dressing. However, if the pre-plated salad can be served with the salad dressing “on the side,” that is the best way. This keeps the salad fresher and allows the customer to add the amount of dressing desired.
5. **Add the garnish.** The garnish is often described as part of the recipe. A garnish should add both visual appeal and taste appeal. All garnishes should be edible.

CHEF SALAD**MEAL COMPONENT CONTRIBUTION:**

2 1/2 oz. eq. meat/meat alternate, 3/8 cup dark green vegetable,
1/4 cup red/orange vegetable, 5/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : VEGETABLES (DARK GREEN) :
VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cucumber with Peel, Whole, Fresh, #635	4 pound(s)
Tomatoes, Cherry, Fresh, #630	8 pound(s) + 5 1/3 ounce(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	16 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	12 pound(s)
Turkey Ham, Diced, Frozen, #22	6 pound(s) + 4 ounce(s)
Turkey Breast, Smoked, #21	6 pound(s) + 2 ounce(s)
Cheese, American Process, Sliced, #39	3 pound(s) + 2 ounce(s)
Eggs, Whole, Hard Cooked	50 egg(s)
Dressing, Fat Free, 1000 Island, 1.5 ounce, #193	50 packet(s)
Dressing, Fat Free Italian, 1.5 ounce, #192	50 packet(s)

DIRECTIONS

- Peel and quarter each egg, place in refrigerator until ready for service.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Rinse cucumbers and tomatoes under cold running water and drain. Slice cucumbers 1/4 inch thick.
If whole tomatoes are used, slice tomatoes in wedges to yield 8 wedges per tomato.
- Wash and drain green leaf lettuce and finely chop.
If greens are not prewashed, wash and thoroughly drain them.
Combine all greens. Fill 9 x 5 salad tray with 2 cups of mixed greens.
- Place 3 cherry tomatoes in top right corner of salad tray. If using tomato wedges, place 2 tomato wedges in top right corner and 2 in front center of salad tray.
- In center of mixed greens, add 1 3/4 ounces of diced turkey ham (or ham strips) and 1 ounce turkey strips and 1/2 ounce of cheese strips.
- In left top corner, add 2 boiled egg quarters.
- Place 3 slices of cucumber in bottom right corner.
- In bottom left corner, place a 1 1/2 ounce packet of salad dressing.
- Portion 1 chef salad with 1 packet of dressing for 2 1/2 oz. eq. meat/meat alternate, 3/8 cup of dark green vegetable, 1/4 cup red/orange vegetable and 5/8 cup of other vegetable.
Crackers may be served as a menu item, but are not included in the recipe or in the nutritional analysis.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

CHEF SALAD

PRODUCTION NOTES

One half ounce of shredded cheese may be used instead of cheese strips.
Use commodity products when available.

MISCELLANEOUS NOTES

Chef Salad with Turkey & Egg (without cheese) - Omit the cheese in Step 5 and follow the rest of the instructions as indicated on the original recipe.

Vegetarian Salad (cheese and egg) - Follow the instructions for Step 1 and use a whole egg per salad. Omit the turkey-ham and turkey breast in Step 5. Follow the rest of the instructions as indicated on the original recipe. Place one egg quarter in each corner.

Vegetarian Salad (cheese only)- Omit turkey-ham, turkey breast and egg from the recipe. Increase the portion of cheese to 2 ounces per serving in Step 5.

Nutrient analysis must be recalculated for alternate Chef Salad recipes.

Presentation Idea: A container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	235	Dietary Fiber	2.71 g	Sodium	1247.00 mg	Sat. Fat	4.46 g
Carbohydrates	18.09 g	Protein	19.17 g	Total Fat	9.51 g	Trans Fat	0.00 g

CHEF SALAD

ILLUSTRATED STEPS FOR PREPARATION OF CHEF SALAD

1.



1 serving of Chef Salad (crackers are not included in the nutritional analysis)

CHEF SALAD, ELEMENTARY

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 3/8 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (DARK GREEN) :
VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cucumber with Peel, Whole, Fresh, #635	4 pound(s)
Tomatoes, Cherry, Fresh, #630	8 pound(s) + 5 ounce(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	3 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	12 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	9 pound(s)
Turkey Ham, Diced, Frozen, #22	6 pound(s) + 4 ounce(s)
Turkey Breast, Smoked, #21	6 pound(s) + 2 ounce(s)
Cheese, American Process, Sliced, #39	3 pound(s) + 2 ounce(s)
Eggs, Whole, Hard Cooked	50 egg(s)
Dressing, Fat Free, 1000 Island, 1.5 ounce, #193	50 packet(s)
Dressing, Fat Free Italian, 1.5 ounce, #192	50 packet(s)

DIRECTIONS

- Peel and quarter each egg, place in refrigerator until ready for service.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Rinse cucumbers and tomatoes under cold running water and drain. Slice cucumbers 1/4 inch thick. If whole tomatoes are used, slice tomatoes in wedges to yield 8 wedges per tomato.
- Wash and drain green leaf lettuce and finely chop. If greens are not prewashed, wash and thoroughly drain them. Combine all greens. Fill 9 x 5 salad tray with 1 1/2 cups of mixed greens.
- Place 3 cherry tomatoes in top right corner of salad tray. If using tomato wedges, place 2 tomato wedges in top right corner and 2 in front center of salad tray.
- In center of mixed greens, add 1 3/4 ounces of diced turkey ham (or ham strips) and 1 ounce turkey strips and 1/2 ounce of cheese strips.
- In left top corner, add 2 boiled egg quarters.
- Place 3 slices of cucumber in bottom right corner.
- In bottom left corner, place a 1 1/2 ounce packet of salad dressing.
- Portion 1 chef salad with 1 packet of dressing for 2 1/2 oz. eq. meat/meat alternate, 3/8 cup of dark green vegetable, 1/4 cup red/orange vegetable and 5/8 cup of other vegetable. Crackers may be served as a menu item, but are not included in the recipe or in the nutritional analysis.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

CHEF SALAD, ELEMENTARY

PRODUCTION NOTES

One half ounce of shredded cheese may be used instead of cheese strips.
Use commodity products when available.

MISCELLANEOUS NOTES

Chef Salad with Turkey & Egg (without cheese) - Omit the cheese in Step 5 and follow the rest of the instructions as indicated on the original recipe.

Vegetarian Salad (cheese and egg) - Follow the instructions for Step 1 and use a whole egg per salad. Omit the turkey-ham and turkey breast in Step 5. Follow the rest of the instructions as indicated on the original recipe. Place one egg quarter in each corner.

Vegetarian Salad (cheese only)- Omit turkey-ham, turkey breast and egg from the recipe. Increase the portion of cheese to 2 ounces per serving in Step 5.

Nutrient analysis must be recalculated for alternate Chef Salad recipes.

Presentation Idea: A container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	228	Dietary Fiber	2.21 g	Sodium	1235.81 mg	Sat. Fat	4.46 g
Carbohydrates	16.84 g	Protein	18.55 g	Total Fat	9.46 g	Trans Fat	0.00 g

CHEF SALAD, ELEMENTARY

ILLUSTRATED STEPS FOR PREPARATION OF CHEF SALAD, ELEMENTARY

1.



1 serving of Elementary Chef Salad (crackers are not included in the nutritional analysis)

CHICKEN RANCH SALAD

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Fillets, Grilled, #16	100 fillet(s)
Bread, WGR, #139	100 slice(s)
Pan Release Spray, Butter Flavored #393	100 spray(s)
Spice Blend MS, Italian, No Salt, #561	1/2 cup(s) + 1 tablespoon(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	16 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	12 pound(s)
Onions, Red, Whole, Fresh, #639	1 quart(s), sliced
Tomatoes, Cherry, Fresh, #630	8 pound(s) + 8 ounce(s)
Cheese, Parmesan, Grated, #85	3 pound(s) + 2 ounce(s)
Dressing, Lite Ranch, PC, 1.5 ounce #191	100 packet(s)

DIRECTIONS

- Bake chicken patty according to package and/or case directions. Overcooking will cause the patty to become dry.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- To make croutons:
Place bread in freezer prior to cutting into cubes to make cutting bread into cubes easier. Cut each slice of bread 4 x 4.
Place cut bread cubes onto a sheet pan sprayed with butter flavored pan release spray. Spray cubes with butter flavored pan release spray and sprinkle with Italian spice blend. Mix gently to incorporate seasoning.
Toast in a preheated low-heat oven 325° F for approximately 30-45 minutes.
Bread cubes should be dried out but not burned.
- Wash and thoroughly drain tomatoes and green leaf lettuce if not prewashed.
Finely chop lettuces.
Combine all salad greens and fill salad tray with 2 cups of mixed salad greens.
- Place 3 cherry or 6 grape tomatoes in right top corner of salad tray.
- Cut each chicken patty in strips and place in center of salad.
- Weigh 1 ounce of croutons to determine volume measure. Place croutons in top left hand corner.
- Sprinkle 1/2 ounce of parmesan cheese on each salad and garnish with 2 red onion rings.
- Place 1 1/2 ounce packet of ranch dressing in bottom right corner.

CHICKEN RANCH SALAD

DIRECTIONS

9. Portion 1 salad for each serving. Each portion provides 2 1/2 oz. eq meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1/2 cup other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

Note: If greens are not prewashed, rinse under cold running water and drain thoroughly.

MISCELLANEOUS NOTES

Presentation Idea: A container allowing space for the salad, croutons and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate croutons . When salad is ready for service, croutons should be placed in container.

NUTRIENTS PER SERVING

Calories	453	Dietary Fiber	3.49 g	Sodium	1197.00 mg	Sat. Fat	6.25 g
Carbohydrates	29.75 g	Protein	29.77 g	Total Fat	23.59 g	Trans Fat	0.00 g

CHICKEN RANCH SALAD

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN RANCH SALAD

1.



One serving of Chicken Ranch Salad MRS 602 showing an option of using crackers and croutons

GRILLED FAJITA SALAD (PURCHASED)

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Dressing, Ranch, Dry Mix, #201	1/2 gallon(s)
Salsa, Mild, Bulk, #269	2 quart(s) + 1/2 cup(s)
Sour Cream, Cultured, MS #16	1 1/2 quart(s) + 1/2 cup(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	16 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	12 pound(s)
Chips, Tortilla, Light Salt, Bulk, #228	6 pound(s)
Chicken Strips, Fajita, Southwest Flavor, #533	12 pound(s) + 8 ounce(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s) + 2 ounce(s)
Cheese, American Process, Sliced, #39	3 pound(s) + 2 ounce(s)
Tomatoes, Cherry, Fresh, #630	5 pound(s)
Jalapenos, Peppers, Nacho, Sliced, #204	1 cup(s)

DIRECTIONS

- Combine ranch dressing, sour cream and salsa. Mix thoroughly. Portion 3 ounces of Mexi-ranch dressing in individual portion container and place in one corner of salad tray.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
- Wash and thoroughly drain tomatoes and green leaf lettuce if not prewashed. Finely chop lettuces. Combine all salad greens and fill salad tray with 2 cups of mixed salad greens.
- Place 9-10 tortilla chips around edge of salad.
- Heat grilled chicken strips according to package directions. Place 2 ounces of cooked chicken strips in center of mixed greens.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Combine cheeses and weigh 1 ounce to determine serving size. Sprinkle 1 ounce mixture of shredded cheeses on top of chicken strips.
- Wash and drain cherry tomatoes. Garnish each salad with 3 cherry tomatoes and 2 slices of jalapeno peppers. Cover salads and place in refrigerator until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
- Portion 1 salad for each serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable and 1/2 cup other vegetable.

GRILLED FAJITA SALAD (PURCHASED)

PRODUCTION NOTES

Use commodity products when available. Commodity grilled chicken strips have a different yield than purchased chicken strips, so nutrition analysis will need to be re-calculated if the commodity chicken is used. See recipe MRS605 for a recipe using commodity chicken.

MISCELLANEOUS NOTES

Presentation Ideas:

A container allowing space for the salad, tortilla chips and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate tortilla chips. When salad is ready for service, chips should be placed in container.

NUTRIENTS PER SERVING

Calories	378	Dietary Fiber	5.13 g	Sodium	1186.97 mg	Sat. Fat	7.87 g
Carbohydrates	30.28 g	Protein	23.35 g	Total Fat	18.58 g	Trans Fat	0.00 g

GRILLED FAJITA SALAD (PURCHASED)

ILLUSTRATED STEPS FOR PREPARATION OF GRILLED FAJITA SALAD (PURCHASED)

1.



One serving of Grilled Fajita Salad

GRILLED FAJITA SALAD (COMMODITY)

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Dressing, Ranch, Dry Mix, #201	1/2 gallon(s)
Salsa, Mild, Bulk, #269	2 quart(s) + 1/2 cup(s)
Sour Cream, Cultured, MS #16	1 1/2 quart(s) + 1/4 cup(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	16 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	12 pound(s)
Chips, Tortilla, Light Salt, Bulk, #228	6 pound(s)
Chicken Strips, Fajita, Frozen	17 pound(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s) + 2 ounce(s)
Cheese, American Process, Sliced, #39	3 pound(s) + 2 ounce(s)
Tomatoes, Cherry, Fresh, #630	5 pound(s) + 8 ounce(s)
Jalapenos, Peppers, Nacho, Sliced, #204	1 cup(s)

DIRECTIONS

- Combine ranch dressing, sour cream and salsa. Mix thoroughly. Portion 3 ounces of Mexi-ranch dressing in individual portion container and place in one corner of salad tray.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
- Wash and thoroughly drain tomatoes and green leaf lettuce if not prewashed. Finely chop lettuces. Combine all salad greens and fill salad tray with 2 cups of mixed salad greens.
- Place 9-10 tortilla chips around edge of salad.
- Heat grilled chicken strips according to package directions. Place 2 ounces of cooked chicken strips in center of mixed greens.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Combine cheeses and weigh 1 ounce to determine serving size. Sprinkle 1 ounce mixture of shredded cheeses on top of chicken strips.
- Wash and drain cherry tomatoes. Garnish each salad with 3 cherry tomatoes and 2 slices of jalapeno peppers. Cover salads and place in refrigerator until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
- Portion 1 salad for each serving. Each portion provides 2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable and 1/2 cup other vegetable.

GRILLED FAJITA SALAD (COMMODITY)

PRODUCTION NOTES

Use commodity products when available. Commodity grilled chicken strips have a different yield than purchased chicken strips, so nutrition analysis will need to be re-calculated if the commodity chicken is used. See recipe MRS 604 for a recipe using purchased fajita chicken.

MISCELLANEOUS NOTES

Presentation Ideas:

A container allowing space for the salad, tortilla chips and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate tortilla chips. When salad is ready for service, chips should be placed in container.

NUTRIENTS PER SERVING

Calories	411	Dietary Fiber	5.13 g	Sodium	1301.59 mg	Sat. Fat	8.98 g
Carbohydrates	30.07 g	Protein	26.94 g	Total Fat	20.73 g	Trans Fat	0.00 g

GRILLED FAJITA SALAD (COMMODITY)

ILLUSTRATED STEPS FOR PREPARATION OF GRILLED FAJITA SALAD (COMMODITY)

1.



One serving of Grilled Fajita Salad

CHICKEN SALAD

MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	15 egg(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)
Celery, Fresh, Diced, #604	5 cup(s)
Pickles, Relish, Sweet, #274	15 ounce(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Mustard, Powder, Dry, #332	1 tablespoon(s) + 1 1/2 teaspoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3 cup(s) + 9 1/2 ounce(s)

DIRECTIONS

- Chop cooked eggs.
- Combine eggs, chicken, celery, pickle relish, pepper, dry mustard, and mayonnaise. Mix lightly until well blended. Cover and refrigerate until ready to use.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion chicken salad with #8 scoop (1/2 cup) for each serving. Each portion provides 2 1/2 oz. eq. meat/meat alternate.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	169	Dietary Fiber	0.28 g	Sodium	231.33 mg	Sat. Fat	1.92 g
Carbohydrates	3.65 g	Protein	20.36 g	Total Fat	8.50 g	Trans Fat	0.00 g

CHICKEN SALAD

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN SALAD

1.



One serving of Chicken Salad

CHICKEN SALAD IN A TOMATO

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1/2 cup red/orange vegetable,
1/8 cup of other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 tomato with 1/2
cup of chicken salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tomatoes, Whole, Red, Ripe, Raw, #631	16 pound(s)
Eggs, Whole, Hard Cooked	15 egg(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)
Celery, Fresh, Diced, #604	1 quart(s) + 1 cup(s)
Pickles, Relish, Sweet, #274	15 ounce(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Mustard, Powder, Dry, #332	1 1/2 tablespoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3 cup(s)
Green Salad Mix, Iceberg, Carrot, etc.	3 quart(s)

DIRECTIONS

- Rinse tomatoes under cold running water. Drain.
Wedge tomatoes into 8 sections. Do not cut tomato more than 3/4 deep.
- To make chicken salad:
 - Chop eggs.
 - Combine eggs, chicken, celery, pickle relish, pepper, dry mustard, and mayonnaise. Mix lightly until well blended.
 - Cover and refrigerate until ready to use.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

- In bottom of clear 10-ounce hinged container, place 1/4 cup shredded lettuce.
- Place tomato on top of bed of lettuce. Portion 1/2 cup (#8 scoop) of chicken salad in wedged tomato. Close container.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

- Portion 1 tomato with 1/2 cup of chicken salad per serving. Each portion provides 2 1/2 oz. eq. meat/meat alternate, 1/2 cup red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Presentation Idea: A container allowing space for the salad and tomato is recommended. Clear plastic lid for eye appeal is preferable.

CHICKEN SALAD IN A TOMATO

NUTRIENTS PER SERVING

Calories	197	Dietary Fiber	2.20 g	Sodium	240.00 mg	Sat. Fat	1.97 g
Carbohydrates	9.58 g	Protein	21.77 g	Total Fat	8.82 g	Trans Fat	0.00 g

CHICKEN SALAD IN A TOMATO

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN SALAD IN A TOMATO

1.



CHICKEN SALAD WITH CRACKERS

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	15 egg(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)
Celery, Fresh, Diced, #604	1 quart(s) + 1 cup(s)
Pickles, Relish, Sweet, #274	15 ounce(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Mustard, Powder, Dry, #332	1 1/2 tablespoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3 cup(s) ounce(s)
Lettuce, Iceberg, Cleaned, Cored, Fresh #634	1 pound(s) + 4 ounce(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	9 medium
Crackers, Saltines, WGR, 2 count package, #207	150 package(s)

DIRECTIONS

- To make chicken salad:
 - Chop cooked eggs.
 - Combine eggs, chicken, celery, pickle relish, pepper, dry mustard and mayonnaise. Mix lightly until well blended.
 - Cover and refrigerate until ready to use.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
- Wash lettuce thoroughly, separate leaves and dry thoroughly.
Wash tomatoes and wedge with 8-count wedger.
- Portion 1/2 cup (#8 scoop) of chicken salad in center of lettuce leaf and place one tomato wedge on each side. Serve with three 2-count packs of crackers.
Portion one salad per serving. Each portion provides 2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/8 cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Presentation Idea: A container allowing space for the salad dressing and crackers is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container.

CHICKEN SALAD WITH CRACKERS

NUTRIENTS PER SERVING

Calories	242	Dietary Fiber	1.45 g	Sodium	353.00 mg	Sat. Fat	1.93 g
Carbohydrates	16.75 g	Protein	22.17 g	Total Fat	10.07 g	Trans Fat	0.00 g

CHICKEN SALAD SALAD

MEAL COMPONENT CONTRIBUTION:

2 3/4 oz. eq. meat/meat alternate, 1/4 cup fruit, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 5/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : VEGETABLES (DARK GREEN) :
VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE) : FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	40 egg(s)
Cucumber with Peel, Whole, Fresh, #635	2 pound(s)
Tomatoes, Cherry, Fresh, #630	4 pound(s) + 4 ounce(s)
Salad Mix, Green, Iceberg, Etc. #607	8 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	6 pound(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	2 pound(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)
Celery, Fresh, Diced, #604	1 quart(s) + 1 cup(s)
Pickles, Relish, Sweet, #274	15 ounce(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Mustard, Powder, Dry, #332	1 1/2 tablespoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3 cup(s)
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	3 quart(s) + 1/2 cup(s)
Dressing, Fat Free Italian, 1.5 ounce, #192	50 packet(s)

DIRECTIONS

- Chop 15 eggs for the chicken salad.
Slice the remaining 25 eggs into quarters.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
- To make chicken salad:
 - Combine chopped eggs, chicken, celery, pickle relish, pepper, dry mustard and mayonnaise. Mix lightly until well blended.
 - Cover and refrigerate until ready to use.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Wash and drain cucumbers and tomatoes.
Slice cucumbers 1/4 inch thick.
Slice cherry tomatoes in half.
- Wash and drain green leaf lettuce if not prewashed. Thinly slice.
Combine prewashed salad greens together and fill salad tray with 2 cups of mixed greens.
Note: If greens are not prewashed, rinse and drain thoroughly.

CHICKEN SALAD SALAD

DIRECTIONS

5. Portion 1/2 cup (#8 scoop) of chicken salad in center of mixed greens. Garnish with paprika.
Place 6 cherry tomato halves or 6 grape tomatoes around chicken salad mixture.
In front right corner, place 3 slices of cucumber.
Place 2 egg quarters in bottom left corners.
In top left corner, place 1/4 cup of grapes or other fresh fruit. Place 1 1/2 ounces packet of Fat Free Italian dressing in bottom right corner.
6. Portion one chicken salad salad per serving. Each portion provides 2 3/4 oz. eq. meat/meat alternate, 1/4 cup fruit, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable and 5/8 cup other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

If fruit other than grapes are used in this recipe, nutrient analysis will need to be re-calculated.

Crackers or other grain may be offered with salad, but should be menued as another item because crackers are not included in the recipe or in the nutrient analysis.

MISCELLANEOUS NOTES

Presentation Ideas: A container allowing space for the salad, fruit and dressing is recommended. Clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	280	Dietary Fiber	3.26 g	Sodium	733.00 mg	Sat. Fat	2.98 g
Carbohydrates	17.91 g	Protein	27.13 g	Total Fat	12.02 g	Trans Fat	0.00 g

CHICKEN SALAD SALAD

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN SALAD SALAD

1.



One serving of Chicken Salad Salad

CHICKEN TENDERS SALAD

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 5/8 cup dark green vegetable, 5/8 cup other vegetable, 1/4 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Breast Tenders, Breaded, #13	200 tender(s)
Cucumber with Peel, Whole, Fresh, #635	4 pound(s)
Tomatoes, Cherry, Fresh, #630	8 pound(s) + 8 ounce(s)
Broccoli, Fresh Florets, #600	2 pound(s)
Cauliflower, Fresh, Raw, Chunks, #603	1 pound(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	16 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	12 pound(s)
Cheese, American, Grated/Shredded, #60	3 pound(s) + 4 ounce(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s) + 4 ounce(s)
Dressing, Fat Free Italian, 1.5 ounce, #192	100 packet(s)

DIRECTIONS

- Bake tenders according to package directions. Overcooking will cause the tenders to become dry. Reserve for Step 8.
- Wash cucumbers, tomatoes, broccoli, and cauliflower.
Slice cucumber 1/4 inch thick.
If needed, cut broccoli and cauliflower into bite-size pieces.
- Wash and drain green leaf lettuce if not prewashed. Thinly slice.
Combine salad greens. Fill salad tray with 2 cups of prewashed mixed greens.
Note: If greens are not prewashed, rinse under cold running water and drain thoroughly.
- Place 3 slices of cucumber in front left corner of tray. Add broccoli florets and cauliflower florets in right corner.
Place 3 cherry tomatoes or 6 grape tomatoes in front right corner.
- Cut 2 tenders into bite size pieces and place in center of salad.
- Combine shredded cheeses and sprinkle 1 ounce of cheese over chicken tenders.
- Place packet of salad dressing in bottom left corner.
- Portion 1 salad per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grains, 5/8 cup dark green vegetable, 5/8 cup other vegetable, and 1/4 cup red/orange vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

CHICKEN TENDERS SALAD

MISCELLANEOUS NOTES

Presentation Ideas:

Clear container allowing space for the salad, dressing, or other ingredients is recommended. Clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	316	Dietary Fiber	5.79 g	Sodium	1210.31 mg	Sat. Fat	5.76 g
Carbohydrates	23.79 g	Protein	25.30 g	Total Fat	13.71 g	Trans Fat	0.00 g

CHICKEN TENDERS SALAD

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN TENDERS SALAD

1.



1 serving of Chicken Tenders Salad (with crackers and ranch dressing, which are not included in the nutrient analysis)

FRUIT AND COTTAGE CHEESE SALAD

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup of cottage

cheese, 1 muffin, 1/2 cup fruit

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cheese, Cottage, 2% Milkfat, MS	25 pound(s)
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	4 pound(s)
Apples, Raw, Red Delicious, #613	20 each
Oranges, Assorted Varieties, Raw, #621	20 each
Bananas, Raw, Regular, Green Tips, #614	20 each, medium
Strawberries, Fresh, Whole, #628	4 pound(s)
Muffin Loaf, Blueberry, WGR, #20	100 muffin loaves

DIRECTIONS

1. Rinse fruit under cold running water, then drain off water.
2. Using a #8 scoop, portion 1/2 cup cottage cheese in each container. Add 1/2 cup fruit (or 1 whole fruit), and 1 muffin loaf to the container.
3. Cover with plastic wrap and place under refrigeration until ready for service. Portion fruit, cottage cheese, and muffin for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/2 cup fruit.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

PRODUCTION NOTES

Use commodity products when available.

Fruit may be served whole or sliced, depending on student's preferences.

SERVING NOTES

Garnish cottage cheese with one half maraschino cherry or creatively arrange fruit around cottage cheese.

MISCELLANEOUS NOTES

Presentation Ideas: Line plates with lettuce leaves prior to arranging fruit.

A container allowing space for the salad, cottage cheese and muffin is recommended. Clear plastic lid for eye appeal is preferable.

Crediting is based on fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component.

NUTRIENTS PER SERVING

Calories	359	Dietary Fiber	4.52 g	Sodium	451.96 mg	Sat. Fat	2.07 g
Carbohydrates	55.92 g	Protein	16.68 g	Total Fat	8.24 g	Trans Fat	0.00 g

FRUIT AND YOGURT PLATE



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN) : FRUITS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup fruit,
1/8 cup dark green vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup fruit, 4
ounces of yogurt, 1 muffin, 1 ounce of cheese

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	7 pound(s)
Cantaloupe Melons, Raw, #615	5 pound(s) + 8 ounce(s), as purchased
Honeydew Melons, Fresh, #617	7 pound(s)
Yogurt, Raspberry, #554	25 container(s)
Yogurt, Strawberry Banana, #553	25 container(s)
Muffin, Banana WGR, #142	50 muffin(s)
Cheese, American Process, Sliced, #39	100 slice(s), 0.5 ounce slices
Kiwifruit, Fresh, Whole, #618	1 pound(s)
Strawberries, Fresh, Whole, #628	1 quart(s), sliced
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	1 pound(s)

DIRECTIONS

- Select seasonal fruits of choice, such as those listed.
Choose any fruit combination or single fruit to equal 1/2 cup serving.
If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component.
- The day of service; rinse fruit under cold running water then drain.
Peel, if needed, and cut into bite-sized portions.
Toss all together to make a blend of fruits. Reserve for Step 4.
- Line 9" x 5" salad tray with 2 leaves of green leaf lettuce.
- In center of tray, portion 1/2 cup fresh fruit mix (grapes, cantaloupe bites and honeydew bites).
- Place one 4-ounce cup of yogurt in front corner.
Place one 2-ounce individually wrapped muffin in opposite corner of yogurt.
Add 1 ounce of American cheese cut into strips.
- Add sliced kiwifruit and strawberries for garnish.
Cover and refrigerate until ready for service.
Serve 1 salad for each portion. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain,
1/2 cup fruit, and 1/8 cup dark green vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30
minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

FRUIT AND YOGURT PLATE

MISCELLANEOUS NOTES

Presentation Ideas: Line plates with lettuce leaves prior to arranging fruit.
 A container allowing space for the salad, yogurt, muffin, and cheese is recommended. Clear plastic lid for eye appeal is preferable.
 Crediting is based on fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component.

NUTRIENTS PER SERVING

Calories	432	Dietary Fiber	3.76 g	Sodium	570.86 mg	Sat. Fat	6.76 g
Carbohydrates	61.74 g	Protein	13.02 g	Total Fat	13.23 g	Trans Fat	0.00 g

GRILLED CHICKEN SALAD

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 5/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/2 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(DARK GREEN) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bread, WGR, #139	100 slice(s)
Pan Release Spray, Butter Flavored #393	100 spray(s)
Spice Blend MS, Italian, No Salt, #561	1/2 cup(s) + 1 tablespoon(s)
Chicken Fillets, Grilled, #16	100 fillet(s)
Cucumber with Peel, Whole, Fresh, #635	4 pound(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	7 pound(s)
Cheese, Mozzarella, Shredded, #58	4 pound(s)
Cheese, American, Grated/Shredded, #60	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	16 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	16 pound(s)
Broccoli, Fresh Florets, #600	2 pound(s)
Dressing, Fat Free, 1000 Island, 1.5 ounce, #193	100 packet(s)

DIRECTIONS

- To make croutons:
 - Place bread in freezer prior to cutting into cubes. Cut each slice of bread 4 x 4 (16 cubes per slice of bread).
 - Place cut bread cubes onto a sheet pan sprayed with butter flavored pan release spray.
 - Spray bread with butter flavored pan release spray and sprinkle with Italian Spice Blend.
 - Mix gently to incorporate seasoning.
 - Toast in a preheated low-heat oven 325° F for approximately 30-45 minutes. Bread cubes should be dried out but not burned.
 - After croutons have cooled, portion 1 ounce croutons in soufflé cup.
- Place frozen chicken fillets on lined sheet pan (18" x 26" x 1").
Bake fillets according to package directions. Overcooking will cause fillets to be dry.
Cover pan and refrigerate until chilled or until ready for salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower.
- Wash cucumbers and tomatoes under cold running water, then drain.
Slice cucumbers 1/4" thick.
Slice tomato in wedges (8 wedges per tomato).
Cover tomatoes and cucumbers and place under refrigeration until ready to build salad.
CCP: Cover and refrigerate at 41 degrees F or lower.
- Combine shredded cheeses.
Weigh 1 ounce to determine amount needed for each salad.

GRILLED CHICKEN SALAD

DIRECTIONS

5. Cut the cooked chicken fillets into strips and portion 1 fillet per serving.
6. Combine pre-washed salad mixes and place 2 cups of salad mix in salad plate (if using a 3 compartment plate, the large section).
 Note: If greens are not prewashed, rinse and drain thoroughly.
 Place 3 slices of cucumbers on top of lettuce bed on the left side.
 Place two wedges of tomato on top of lettuce on the right side.
 Place 1 broccoli floret on each side of tomato wedges (2 broccoli florets per salad).
 Place 1 portion of chicken on the left center of the lettuce bed.
 Place 1 ounce of shredded cheese on the lettuce bed.
 Place 1 soufflé cup of croutons and 1 1/2 ounce packet of 1000 Island salad dressing in salad plate.
 Cover container and refrigerate.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
7. Portion 1 grilled chicken salad per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 5/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/2 cup other vegetable.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

Presentation Ideas:

Three compartment container allowing space for the salad, dressing, and croutons is recommended. A clear plastic lid for eye appeal is preferable.

Do not refrigerate croutons. When salad is ready for service, croutons should be placed in the container.

NUTRIENTS PER SERVING

Calories	412	Dietary Fiber	4.52 g	Sodium	1346.47 mg	Sat. Fat	6.94 g
Carbohydrates	38.06 g	Protein	33.57 g	Total Fat	13.74 g	Trans Fat	0.00 g

GRILLED CHICKEN SALAD

ILLUSTRATED STEPS FOR PREPARATION OF GRILLED CHICKEN SALAD

1.



One serving of a Grilled Chicken Salad

TUNA SALAD



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	8 egg(s)
Tuna, Chunk Light, #280	3 pouch(es)
Celery, Fresh, Diced, #604	7 1/2 cup(s)
Onions, Chopped, Dehydrated, #278	1/3 cup(s) + 2 teaspoon(s)
Pickles, Relish, Sweet, #274	8 3/4 ounce(s)
Mustard, Powder, Dry, #332	1 1/2 teaspoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	1 quart(s) + 1 cup(s)

DIRECTIONS

1. Chop cooked eggs.
2. Drain and flake tuna in large mixing bowl.
3. Combine tuna, celery, onions, pickle relish, dry mustard, mayonnaise and chopped eggs. Mix lightly until well blended.
Cover and place in refrigerator until ready to use.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
4. Portion tuna salad with #8 scoop (1/2 cup) per serving. Each portion provides 2 oz. eq. meat/meat alternate.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	182	Dietary Fiber	0.36 g	Sodium	575.07 mg	Sat. Fat	1.12 g
Carbohydrates	4.06 g	Protein	18.14 g	Total Fat	9.69 g	Trans Fat	0.00 g

TUNA SALAD

ILLUSTRATED STEPS FOR PREPARATION OF TUNA SALAD

1.



One serving of Tuna Salad

TUNA SALAD IN A TOMATO

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1/2 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 tomato with 1/2 cup of tuna salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tomatoes, Whole, Red, Ripe, Raw, #631	18 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	6 cup(s)
Eggs, Whole, Hard Cooked	8 egg(s)
Tuna, Chunk Light, #280	3 packet(s)
Celery, Fresh, Diced, #604	7 1/2 cup(s)
Onions, Chopped, Dehydrated, #278	1/4 cup(s) + 2 tablespoon(s)
Pickles, Relish, Sweet, #274	8 3/4 ounce(s)
Mustard, Powder, Dry, #332	1 1/2 teaspoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	2 pound(s) + 11 ounce(s)
Salad Mix, Green, Iceberg, Etc. #607	3 quart(s), chopped

DIRECTIONS

1. Wash tomatoes under cold running water. Drain. Wedge tomatoes into 8 sections. Do not cut tomato more than 3/4 deep.
2. To make Tuna Salad:
 - Chop cooked eggs.
 - Drain and flake tuna in large mixing bowl.
 - Combine tuna, celery, onions, pickle relish, dry mustard, mayonnaise, and chopped eggs. Mix lightly until well blended.
 - Cover and place in refrigerator until ready to use.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

3. In bottom of clear 10-ounce hinged container, place 1/4 cup shredded lettuce.
4. Place tomato on top of bed of lettuce. Portion 1/2 cup (#8 scoop) of tuna salad in wedged tomato. Close container and refrigerate.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
5. Portion one tomato stuffed with 1/2 cup tuna salad per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1/2 cup red/orange vegetable, and 1/8 cup other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

PRODUCTION NOTES

Use commodity products when available.

TUNA SALAD IN A TOMATO

MISCELLANEOUS NOTES

Presentation Idea: A container allowing space for the salad and tomato is recommended. Clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	212	Dietary Fiber	2.41 g	Sodium	583.82 mg	Sat. Fat	1.17 g
Carbohydrates	10.55 g	Protein	19.64 g	Total Fat	10.03 g	Trans Fat	0.00 g

TUNA SALAD IN A TOMATO

ILLUSTRATED STEPS FOR PREPARATION OF TUNA SALAD IN A TOMATO

1.



One serving of Tuna Salad in a Tomato

TUNA SALAD SALAD

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1/4 cup fruit, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 5/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : VEGETABLES (DARK GREEN) :
VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE) : FRUITS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	33 egg(s)
Cucumber with Peel, Whole, Fresh, #635	4 pound(s)
Tomatoes, Cherry, Fresh, #630	4 pound(s)
Lettuce, Green Loose Leaf, Crowns, Fresh, #633	2 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	8 pound(s)
Salad, Mesclun Mix, (Spring Mix), #609	6 pound(s)
Tuna, Chunk Light, #280	3 packet(s)
Celery, Fresh, Diced, #604	7 1/2 cup(s)
Onions, Chopped, Dehydrated, #278	1/4 cup(s) + 2 tablespoon(s)
Pickles, Relish, Sweet, #274	8 3/4 ounce(s)
Mustard, Powder, Dry, #332	1 1/2 teaspoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	2 pound(s) + 11 ounce(s)
Grapes, Red/Green, Seedless, Bulk, Fresh, #648	12 cup(s) + 1/2 cup(s)

DIRECTIONS

- Chop 8 eggs for the tuna salad.
Slice the remaining 25 eggs into quarters.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- To make tuna salad:
 - Drain and flake tuna in large mixing bowl.
 - Combine tuna, celery, onions, pickle relish, dry mustard, mayonnaise and eggs. Mix lightly until well blended.
 - Cover and place in refrigerator until ready to use.
 CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Wash and drain cucumbers and tomatoes.
Slice cucumbers 1/4 inch thick.
Slice cherry tomatoes in half.
- Wash and drain green leaf lettuce if not prewashed. Thinly slice.
Combine prewashed salad greens together and fill salad tray with 2 cups of mixed greens.
Note: If greens are not prewashed, rinse and drain thoroughly.

TUNA SALAD SALAD

DIRECTIONS

5. Portion 1/2 cup (#8 scoop) of tuna salad in center of mixed greens. (Optional: garnish with paprika.)
Place 6 cherry tomato halves or 6 grape tomatoes around chicken salad mixture.
In front right corner, place 3 slices of cucumber.
Place 2 egg quarters in bottom left corners.
In top corner, place cluster of grapes (1/4 cup) or other fresh fruit. Close container and refrigerate.
6. Portion one tuna salad salad per serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate, 1/4 cup fruit, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, and 5/8 cup other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

If fruit other than grapes are used in this recipe, nutrient analysis will need to be re-calculated.

Crackers or other grain may be offered with salad, but should be menued as another item because crackers are not included in the recipe or in the nutrient analysis.

MISCELLANEOUS NOTES

Presentation Idea: A container allowing space for the salad, fruit and dressing is recommended. Clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	283	Dietary Fiber	3.14 g	Sodium	659.30 mg	Sat. Fat	2.19 g
Carbohydrates	16.29 g	Protein	24.96 g	Total Fat	13.22 g	Trans Fat	0.00 g

TUNA SALAD SALAD

ILLUSTRATED STEPS FOR PREPARATION OF TUNA SALAD SALAD

1.



One serving of Tuna Salad Salad

TUNA SALAD WITH CRACKERS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup tuna salad and three 2-pack crackers

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Eggs, Whole, Hard Cooked	8 egg(s)
Tuna, Chunk Light, #280	3 packet(s), 43 ounce pouch
Celery, Fresh, Diced, #604	1 quart(s) + 3 1/2 cup(s)
Onions, Chopped, Dehydrated, #278	1/3 cup(s) + 2 teaspoon(s)
Pickles, Relish, Sweet, #274	8 3/4 ounce(s)
Mustard, Powder, Dry, #332	1/2 tablespoon(s)
Mayonnaise, Reduced Calorie, Bulk, #283	2 pound(s) + 11 ounce(s)
Lettuce, Iceberg, Cleaned, Cored, Fresh #634	1 pound(s) + 4 ounce(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	7 medium
Crackers, Saltines, WGR, 2 count package, #207	150 package(s)

DIRECTIONS

- To make tuna salad:
 - Chop cooked eggs.
 - Drain and flake tuna in large mixing bowl.
 - Combine tuna, celery, onions, pickle relish, dry mustard, mayonnaise and eggs. Mix lightly until well blended. Cover and place in refrigerator until ready to use.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

- Rinse lettuce thoroughly under cold running water, if not prewashed, then drain. Separate lettuce leaves, and dry thoroughly.
Rinse tomatoes under cold running water, then drain. Cut each tomato into 8 wedges.
- Portion tuna salad with #8 scoop onto lettuce leaf and place one tomato wedge on the side.
Serve with three 2-count packs of crackers.
Portion one salad with crackers per serving. Each portion provides 2 oz. eq. of meat/meat alternate, 1 oz. eq. whole grain and 1/8 cup other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	254	Dietary Fiber	1.48 g	Sodium	696.95 mg	Sat. Fat	1.13 g
Carbohydrates	16.97 g	Protein	19.90 g	Total Fat	11.25 g	Trans Fat	0.00 g

TUNA SALAD WITH CRACKERS

ILLUSTRATED STEPS FOR PREPARATION OF TUNA SALAD WITH CRACKERS

1.



One serving of Tuna Salad with Crackers