

Quest Food Management

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Recipe Master List

Sep 25, 2015

002343 - salad-garden w/chicken

Recipe HACCP Process: #1 No Cook

Source: nslp

Meat/Alt: 1 oz

Number of Portions: 1

Grains: 0 oz

Size of Portion: serving

Fruit: 0 Cup

Vegetable: 1 Cup

Milk: 0 Cup

Alternate Menu Name: with tomatoes

903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	2 OZ, AP Mix
903287 chicken diced breast bb greco 204931.....	2 OZ
902814 CUCUMBER,WITH PEEL,RAW.....	1 OZ
903362 tomato cherry fresh.....	1/4 CUP

*Nutrients are based upon 1 Portion Size (serving)

Calories	81	kcal	Cholesterol	33.33	mg	Sugars	*N/A*	g	Calcium	26.59	mg	15.21%	Calories from Total Fat
Total Fat	1.36	g	Sodium	308.83	mg	Protein	13.08	g	Iron	1.11	mg	3.83%	Calories from Sat Fat
Saturated Fat	0.34	g	Carbohydrate	5.15	g	Vitamin A	4741.33	IU	Water ¹	*27.00*	g	7.43%	Calories from Trans Fat
Trans Fat ²	0.67	g	Dietary Fiber	1.29	g	Vitamin C	7.94	mg	Ash ¹	*0.11*	g	25.51%	Calories from Carbohydrates
												64.79%	Calories from Protein

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 optional nutrient values

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe Master List

Sep 25, 2015

002344 - salad-garden w/crispy chicken

Recipe HACCP Process: #1 No Cook

Source: nslp

Number of Portions: 1

Size of Portion: serving

Meat/Alt: 1.5 oz

Grains: 0.25 oz

Fruit: 0 Cup

Vegetable: 1 Cup

Milk: 0 Cup

Alternate Menu Name: with tomatoes

903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	2 OZ, AP Mix
903285 chicken tenders bb 1.1oz gfs 532372.....	1 (2 strips)
902814 CUCUMBER,WITH PEEL,RAW.....	1 OZ
903362 tomato cherry fresh.....	1/4 CUP

*Nutrients are based upon 1 Portion Size (serving)

Calories	210	kcal	Cholesterol	44.86	mg	Sugars	*N/A*	g	Calcium	26.59	mg	51.36%	Calories from Total Fat
Total Fat	11.99	g	Sodium	507.29	mg	Protein	14.05	g	Iron	1.59	mg	10.72%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	13.46	g	Vitamin A	4741.33	IU	Water ¹	*27.00*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.29	g	Vitamin C	7.94	mg	Ash ¹	*0.11*	g	25.61%	Calories from Carbohydrates
												26.73%	Calories from Protein

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