

Chicken Salad Sandwich on WGR Pita Bread

Component: Meat/Meat Alternate

E-07 KSU Modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chicken, chilled, chopped OR Chicken breast for salads	6 lb 6 oz	1 gal 1 qt 50 servings			1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. 2. Add salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Cover. Refrigerate until step 6. 5. CCP: Cool to 41° F or lower within 4 hours. 6. Cut pita in half and place ¼ cup of the chicken salad into each pocket. 7. Add ¼ cup fresh spinach to each pocket. 8. Serve immediately or store at 41° F or lower.
*Fresh celery, chilled, chopped	1 lb 5 oz	1 qt 1 cup			
*Fresh onions (optional), chopped OR Dehydrated onions (onions)	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp			
Sweet pickle relish, chilled, undrained	13 oz	1 ½ cups			
Ground black or white pepper		2 tsp			
Dry mustard		1 Tbsp 1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups			
WGR pita, 2 oz each		50 pita			
Fresh spinach		3 quarts 1 cup			

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Notes:

See recipe for preparing chicken breasts. Nutrition information in progress.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken breast, boneless, fresh or frozen without skin See recipe for preparing chicken breasts.	9 lb	18 lb
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	14 oz	1 lb 12 oz

Serving: Sandwich made ½ large pita provides 1 oz meat and 1 grain serving.

1-2 years:

3-5 years:

6-18 years: For snack, sandwich made ½ large pita

Nutrients Per Serving

Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber