

Chicken Salad Sandwich

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. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service. 5. Portion with No. 8 scoop (½ cup) onto a slice of bread. Spread evenly and top with a second slice of bread. Cut in to four even quarter pieces if serving children age 5 years and under.
*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 Lowfat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups			
WGR bread, slice, 1 oz		100 slices			

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Notes:
See recipe for preparing chicken breasts. Nutrient information from Food Processor based on 1 oz bread slice.

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: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:	Volume:
1-2 years: 2 quarter pieces of sandwich 3-5 years: 3 quarter pieces of sandwich 6-18: 1 full sandwich	50 Servings: about 10 lb 14 ½ oz 100 Servings:	50 Servings: about 1 gallon 2 ¼ quarts 2 pans 100 Servings:

Nutrients Per Serving			
Calories	275.50	Saturated Fat	1.00 g
Protein	18.19 g	Cholesterol	49.73 mg
Carbohydrate	32.52 g	Vitamin A	10.67 RAE mcg
Total Fat	5.22 g	Vitamin C	1.47 mg
		Iron	2.32 mg
		Calcium	69.41 mg
		Sodium	388.23 mg
		Dietary Fiber	6.75 g