

# 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*

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*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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# School District Of Greenville County

## Recipe Prep Sheet

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;"><u>NOTE: THAW CHICKEN ONE DAY AHEAD IN COOLER. DO NOT COOK CHICKEN, THIS IS A READY TO EAT PRODUCT</u></p> <p>Directions</p> <ol style="list-style-type: none"> <li>1. Prepare the work station by cleaning and sanitizing all areas.</li> <li>2. Gather all ingredients for preparation.</li> <li>3. Thoroughly tomatoes under running water.</li> <li>4. Cut and core tomatoes into 8 wedges and eggs into 4 quarters. Place tomatoes and eggs in separate containers. <u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></li> <li>5. Dice Chicken fillets in ¼ inch cubes. Place chicken cubes in large mixing bowl and add hot sauce, mix thoroughly.</li> <li>6. Place in pans. <u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></li> <li>7. Remove all ingredients necessary for production from the cooler.</li> <li>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.</li> <li>9. Place 2 tomato wedges &amp; 4 egg quarters on opposite sides of the container. <u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></li> <li>10. Serve with choice of dressing.</li> </ol> <p style="font-weight: bold;">Serving: 1 salad will provide 2 oz. meat/meat alternate, ¼ cup of red/orange vegetable, ½ 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 <sup>1</sup>	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 <sup>1</sup>	5.125 g	Trans Fat <sup>2</sup>	0.000 g	Protein	38.869 g	Iron	11.527 mg	7.334% Calories from Sat Fat
Sodium <sup>1</sup>	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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## Recipe Prep Sheet

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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# School District Of Greenville County

## Recipe Prep Sheet



### 990096 - Cobb Salad

Recipe HACCP Process: #1 No Cook

Source: 2017-2018

Number of Portions: 20

Portion Size: 1 salad

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# School District Of Greenville County

## Recipe Prep Sheet

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;"><u>NOTE: THAW CORN ONE DAY AHEAD IN COOLER.</u></p> <p>Directions</p> <ol style="list-style-type: none"> <li>1. Prepare the work station by cleaning and sanitizing all areas.</li> <li>2. Gather all ingredients for preparation.</li> <li>3. Thoroughly wash cucumbers and tomatoes under running water.</li> <li>4. Slice cucumbers into 1/8" thick slices, cut eggs in quarters, and cut tomatoes into 8 wedges with core removed.</li> <li>5. Place cucumbers, eggs, corn, black beans, bacon, and tomatoes in separate containers. <span style="color: red; font-weight: bold;"><u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></span></li> <li>6. Remove all ingredients necessary for production from the cooler.</li> <li>7. Portion 1.5 cups of lettuce into each 24 oz. black plastic bowl in an assembly line style of production.</li> <li>8. Evenly divide and arrange 1 oz of corn, 1 oz of black beans, 1 oz of bacon, 2 tomato wedges, 4 egg quarters, and 3 cucumbers in a circular pattern on top of the lettuce. Top with 2 oz of croutons.</li> <li>9. <span style="color: red; font-weight: bold;"><u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></span></li> <li>10. Serve with choice of dressing.</li> </ol> <p><b>Serving: 1 salad will provide 2 oz. meat/meat alternate, ¼ cup of red/orange vegetable, ½ cup of dark green vegetable, ¼ cup of other vegetable, 1 serving of grain.</b></p>
900681	Corn, Whole Kernel, Frz, Finline SYS	1 LB + 4 oz	
900662	Bean, Black LS, HANOVER SYS*	1 LB + 4 oz	
900577	Crouton, Cube Seasoned, Bulk, SYSCO	2 LB + 8 oz	
990316	Bacon, Bits Cooked .75" ARREZZIO *	1 LB + 4 oz	
011529	TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE*	5 large whole (3" dia)	
990328	Egg Hard Boiled, Whole, Peeled*	20 each	
011205	CUCUMBER, WITH PEEL, RAW*	5 each (8-1/4")	

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

Calories <sup>1</sup>	550.044 kcal	Total Fat	23.837 g	Total Dietary Fiber	4.392 g	Vitamin C	13.202 mg	39.002% Calories from Total Fat
Saturated Fat <sup>1</sup>	5.618 g	Trans Fat <sup>2</sup>	0.000 g	Protein	26.608 g	Iron	2.375 mg	9.192% Calories from Sat Fat
Sodium <sup>1</sup>	1266.841 mg	Cholesterol	205.250 mg	Vitamin A	6966.616 IU	Water	*181.367* g	0.000% Calories from Trans Fat
Sugars	4.426 g	Carbohydrate	58.477 g	Calcium	68.578 mg	Ash	*0.922* g	42.525% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.451			19.350% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup
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Allergens							
Milk	Egg	TreeNut	Wheat	Corn			

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# School District Of Greenville County

## Recipe Prep Sheet



### 990095 - Crispy Chicken Salad

Recipe HACCP Process:

Source: 2017-2018

Number of Portions: 20

Portion Size: 1 salad

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## Recipe Prep Sheet

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"> <li>1. Prepare the work station by cleaning and sanitizing all areas.</li> <li>2. Gather all ingredients for preparation.</li> <li>3. Thoroughly wash cucumbers and tomatoes under running water.</li> <li>4. Slice cucumbers into 1/8" thick slices, cut eggs in quarters, and cut &amp; core tomatoes into 8 wedges.</li> <li>5. Place cucumbers, eggs, and tomatoes in separate containers. <u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></li> <li>6. Dice Chicken fillets in 1/4 inch cubes. Place in pans. <u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></li> <li>7. Remove all ingredients necessary for production from the cooler.</li> <li>8. Portion 1.5 cups of lettuce into each 24 oz. black plastic bowl in an assembly line style of production. Divide chicken evenly between salads and top with 2 oz of croutons, and 1 oz of cheese.</li> <li>9. Shingle 3 slices of cucumbers, place 2 tomato wedges &amp; 4 egg quarters on opposite sides of the container. <u>Cover and place in cooler maintaining an internal temperature of 40 degrees or below.</u></li> <li>10. Serve with choice of dressing.</li> </ol> <p><b>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.</b></p>
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)	
011205	CUCUMBER, WITH PEEL, RAW*	5 each (8-1/4")	
990081	Cheese, Cheddar Mild RS RF Shred, CASASOL SYS*	1 LB + 4 oz	
990299	Chicken, Breaded Filet WG PROVIEW *	20 EACH	

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

Calories <sup>1</sup>	683.831 kcal	Total Fat	30.598 g	Total Dietary Fiber	3.403 g	Vitamin C	11.160 mg	40.270% Calories from Total Fat
Saturated Fat <sup>1</sup>	9.143 g	Trans Fat <sup>2</sup>	0.000 g	Protein	43.944 g	Iron	11.737 mg	12.033% Calories from Sat Fat
Sodium <sup>1</sup>	1246.908 mg	Cholesterol	277.374 mg	Vitamin A	7206.322 IU	Water	*181.367* g	0.000% Calories from Trans Fat
Sugars	4.792 g	Carbohydrate	61.320 g	Calcium	264.351 mg	Ash	*0.922* g	35.869% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$1.163			25.705% 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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