

# 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			<p>1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard.</p> <p>2. Add salad dressing or mayonnaise. Mix lightly until well blended.</p> <p>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.</p> <p>4. CCP: Cool to 41° F or lower within 4 hours.</p> <p>Cover. Refrigerate until service.</p> <p>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.</p>
*Fresh celery, chilled, diced to ¼-inch	1 lb 5 oz	1 qt 1 cup			
*Fresh onions (optional), chopped , ¼-inch  OR  Dehydrated onions (optional)	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**

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