



# Chicken Flatbread Bento Box

*Created by Executive Chef Darius Peacock, Union City School District, Union City, NJ*

# Sizing Prep Report

American Dairy Association North East

## 990067 - Chicken Flatbread Bento Box

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011960	CARROTS,BABY,RAW	13 LB	<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Chop cilantro and mint. Grate the fresh ginger. Add both to the yogurt along with the lemon juice. Mix well. Cut the flatbreads in half.</p> <p>Prepare Bento Box as follows:</p> <p>In a clear plastic 3 or 4 compartment container,add the ingredients:</p> <p>2 oz diced chicken</p> <p>1/2 of the flatbread</p> <p>6 baby carrots</p> <p>1/2 cup of the yogurt dip.</p> <p>Close the box.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
018973	FOCACCIA,ITALIAN FLATBREAD,PLN	26 PIECE	
001314	YOGURT,GREEK,NONFAT,PLN,CHOBANI	12 LB	
901843	CHICK,DICED,CKD,FROZEN-COMMOD	7 LB	
990070	MINT LEAVES, FRESH	1 qt + 2 CUP	
011216	GINGER ROOT,RAW	1 CUP (slices)	
009524	LEMON JUC FROM CONC,BTLD,REAL LEMON	2 cup	
011165	CORIANDER (CILANTRO) LEAVES,RAW	1 qt + 3 CUP	

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

Calories <sup>1</sup>	298.970 kcal	Total Fat	7.651 g	Total Dietary Fiber	4.449 g	Vitamin C	5.738 mg	23.033% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.786 g	Trans Fat <sup>2</sup>	*0.010* g	Protein	32.196 g	Iron	2.997 mg	5.377% Calories from Sat Fat
Sodium <sup>1</sup>	357.811 mg	Cholesterol	*63.367* mg	Vitamin A	16664.864 IU	Water	267.629 g	*0.030%* Calories from Trans Fat
Sugars	*6.337* g	Carbohydrate	25.177 g	Calcium	186.335 mg	Ash	2.743 g	33.685% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			43.076% Calories from Protein
Type of Fat	-							

\*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

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

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

**NOTICE:** The data contained within this report and the Mosaic® 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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Components					
Meat/Meat ALT	2 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

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