



Serving Size and Nutrients Per Serving

**SERVING SIZE:**

K-12: 1 entree salad

**ONE SERVING PROVIDES:**

K-12: 2 ½ oz M/MA\* + 2 ½ G,  
1 ¼ dark green V + ½ red/orange V

\* Option to reduce K-5 meat/meat alternate contribution to 1 oz by cutting cooked, diced chicken in half (3 lb 2 oz for 50 servings and 6 lb 4 oz for 100 servings)

**NUTRIENTS PER SERVING:**

Calories 819, Protein 74 g, Carbohydrate 80 g, Total Fat 28 g, Saturated Fat 5 g, Cholesterol 0, Vitamin A 428 RE, Vitamin C 13 mg, Iron 5 mg, Calcium 127 mg, Sodium 623 mg, Dietary Fiber 7 g

Recipe developed for USA Rice Federation by Chef Cyndie Story, PhD, RD, CC

# Chicken Fiesta Entrée Salad

**INGREDIENTS**

- USA Rice Spanish Brown Rice, prepared
- Chicken, cooked, diced, thawed
- Romaine lettuce, diced
- Mozzarella cheese, shredded
- Tomatoes, fresh, diced
- Tortilla chips
- Picante sauce
- Ranch dressing, prepared or Ranch dressing, prepared, packaged

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
4 lb 8 oz	30 ½ cups	9 lb	60 ½ cups
6 lb 4 oz	-	12 lb 8 oz	-
8 lb	-	16 lb	-
1 lb 9 oz	-	3 lb 2 oz	-
3 lb 4 oz	-	6 lb 8 oz	-
6 lb 4 oz	-	12 lb 8 oz	-
-	25 oz	-	50 oz
-	25 oz or 50 oz	-	50 oz or 100 oz

**DIRECTIONS**

1. Prepare USA Rice Spanish Brown Rice recipe according to amount forecasted or needed. Prepare rice one day in advance and chill rice to 41°F. Store in refrigerator overnight.
2. In a large bowl combine thawed, cooked chicken with prepared Spanish Brown Rice. Chill to 41°F or below. May be prepared 1 day in advance.
3. Place 2 ½ cups (8 oz) diced romaine lettuce in a large grab-and-go salad container or serving tray.
4. Place one tightly packed, No. 8 scoop of Spanish Rice and chicken mixture in the center of the lettuce.
5. Portion ½ oz of shredded mozzarella cheese in a 1-oz portion cup. Place in one corner of the container or place 1 oz on tray.
6. Top salad with 1 oz of diced tomatoes using a No. 16 scoop.
7. Place 2 oz of tortilla chips on one side of the salad container.
8. Mix together the picante sauce and prepared ranch dressing, and portion 1 oz of sauce into a portion cup. Place portion cup of sauce in a corner of the salad container. Alternately, use a 1-oz package of prepared ranch dressing. Critical Control Point: Hold for service at 41°F or below.

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