

Southwest Chicken Flatbread Power-Pack Recipe

Recipe HACCP Process: #3 Complex Food Preparation

Serving Size: 1 power-pack

Yield: 24

Source: Health-E Pro

Ingredients:

Ingredient Name	Measurements
Flatbread, whole wheat	24 each
Chicken, fajita strips, cooked, frozen	4 lb + 8 oz
Chunky salsa, medium	3 cups
Cheese, Cheddar, Yellow, reduced fat, shredded	1 lb + 8 oz
Peppers, sweet, green, raw	1 ½ gal, sliced
Grapes, red or green	3 qt

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Cut flatbread into small squares to fit into power-pack compartment.
2. Put cooked chicken strips in opposite compartment as the flatbread, and top with salsa and cheese.
3. Add sliced green peppers in one compartment and grapes in the other for best presentation.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	573 kcal
Total Fat	16.99 g
Saturated fat	8.99 g

Nutrients	Nutrients Per Serving
Sodium	1468.65 mg
Cholesterol	86.86 mg
Total Carbohydrate	72.70 g
Dietary Fiber	8.33 g
Total Sugars	21.27 g
Protein	35.18 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz eq.
Grain	2 oz eq.
Fruit	0.5 cup
Vegetable	1 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*