



Recipe Name: Cheesy Chicken Quesadilla File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 each	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure	Procedure
Chicken Fajita Strips, Cooked, Frozen USDA #100117 (1.7oz = 1 oz eq) Cheese, Cheddar, Shredded, Reduced Fat, USDA #100012 (1 oz = 1 oz eq) Tortilla, Whole Grain, 8" each USDA #110694 (1 wg tortilla = 1.5 oz eq)	10 2/3 lbs  6 lbs 4 oz	100 tortillas	<ol style="list-style-type: none"> <li>1. Cook/heat chicken fajita strips per package directions. Internal temperature should reach 165°F for at least 15 seconds.</li> <li>2. Preheat ovens to 350°F</li> <li>3. Chop fajita strips into 1/4 inch pieces.</li> <li>4. Place 2Tbsp (1 oz) of shredded cheese and 1.7 oz of chopped chicken on to each tortilla. Fold each tortilla in half.</li> <li>5. Place parchment paper on sheet pans, spray with pan release. Place filled totillas evenly onto prepared sheet pans. Top tortilla with another sheet of parchment and an empty sheet pan to weigh the quesadillas down as they heat.</li> <li>6. Batch cook to serving line, for 10 minutes or until heated through and cheese melts.</li> </ol> CCP: hot hold at 135°F or higher for service.

Meal Component Contribution			Total Yield
Meat/Meat Alternate: 2 oz eq			
Vegetable Subgroups			Number of Pans:
DG	RO	BPL	Pan Size:
			Volume:
S	O	A	Nutrition Analysis Based on Portion Size
Fruit:			Calories: 341 kcal
Grains: 1.5 oz eq			Saturated Fat (g): 5.97g
Based on USDA Food Buying Guide-RAW			Sodium (mg): 515.43mg
			Calculated using NutriKids

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
S - starchy O - other A - additional