



FAJITA CHICKEN SALAD WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2.5 oz. Meat/MA
 3.4 oz. Chicken fajita strips – 2 oz. MMA
 .5 oz. cheese - .5 oz. MMA
 1 c Vegetables
 ½ c. Other (1 c. Salad Mix)
 ¼ c. Legumes (black beans)
 ¼ c. Starchy (corn)
 1 oz. eq. Grains (.75 oz. Fritos Corn Chips)

Fajita Chicken Salad with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
Salad Mix	6 Gal + 1 Qt.	-
USDA Fajita Chicken Strips (100117)	21 lbs. + 4 oz.	-
USDA Corn, canned (100313)	1 Gal + 2 Qts. + 1 c.	-
USDA Black Beans, canned (100359)	1 Gal + 2 Qts. + 1 c.	-
USDA Shredded yellow cheese (100012)	3 lbs. + 2 oz.	-
Reduced Fat Ranch Dressing	3 Qts. + 1/2 c.	-
Fritos® Original Corn Chips	4 lbs. + 11 oz.	-

PREPARATION

1. Portion salad mix into serving plate or bowl.
2. In the center of the salad, top with corn and black beans.
3. Add remaining chicken, shredded cheese and FRITOS® Original Corn Chips around the bean mixture.
4. Serve with ranch dressing on the side or drizzled on top.

Nutrition Facts

1 Serving:	
Calories	408
Saturated Fat	5g
Sodium	1103mg