



## 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.	-
<a href="#">Fritos® Original Corn Chips</a>	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**

<b>1 Serving:</b>	
Calories	408
Saturated Fat	5g
Sodium	1103mg