



## CHEESY CHICKEN & GRITS WITH FRITOS® ORIGINAL CORN CHIPS AND QUAKER® QUICK WHITE GRITS

### Each Serving Provides:

**3 oz. Meat/MA** (2. oz. diced chicken = 2 oz. MMA + 1 oz. cheese)  
**.5 oz. eq. Grain** (.5 oz. Fritos = .5 OEG)  
**¼ c. Vegetables**  
**¼ c. Starchy** – corn

### Cheesy Chicken & Grits with FRITOS® Original Corn Chips and QUAKER® Quick White Grits

INGREDIENT	QUANTITY 100 servings	1 Serving
<a href="#">FRITOS® Original Corn Chips</a>	3 lbs. + 2 oz.	.5 oz.
<a href="#">QUAKER® Quick White Grits</a>	1 Gal. + 2 Qts. + 1 c.	1/4 c.
USDA Chicken, diced (00101)	12.5 lbs.	2 oz.
USDA Cheese, cheddar, yellow shredded (100012)	6 lbs. + 4 oz.	1 oz.
USDA Corn, canned, no added salt (100313)	1 Gal. + 2 Qts. + 1c.	1/4 c.
Water	6 Gal + 1 Qt.	8 oz.
Green onions, chopped	1 Qt. + 2 Qts. + 1c.	2 tsp.

### PREPARATION

1. Prepare Quaker® grits according to package instructions- Use 4 cups of water for every 1 cup of grits. Bring water to a boil, and slowly stir in grits. Reduce heat to medium-low, and cook for approximately 7 minutes, or until thickened, stirring occasionally.
2. Add drained corn kernels to the grits, and mix to combine. Fold in half of the shredded cheddar cheese (reserve remaining cheddar cheese for serving.) Hold hot at 140°F for service. Stir grits before serving.
3. Heat grilled chicken strips according to package directions. Ensure product has reached 165°F then hold hot at 140°F for service.
4. To assemble each bowl, scoop 1 cup of prepared cheesy corn grits into a bowl. Top with 2 oz. wt. diced chicken and 1/2 oz. of the reserved cheddar cheese. Add 1/2 oz. wt. Fritos® and garnish with 2 tsp. green onions. Portion 1 bowl per serving.

Nutrition Facts	
1 Serving:	
Calories	400
Saturated Fat	4.7g
Sodium	356mg