

GRILLED CHICKEN BREAST SANDWICH

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
363 cal	26 g	36 g	12 g	92 mg	386 mg	83 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY,NONSTICK
 ROLL,SANDWICH BUNS,SPLIT
 SALAD DRESSING,MAYONNAISE TYPE
 LETTUCE,ICEBERG,FRESH,LEAF
 ONIONS,FRESH,RED,SLICED
 TOMATOES,FRESH,SLICED

Weight

31-1/4 lbs
 1-2/3 oz
 9-1/2 lbs
 2-1/3 lbs
 4 lbs
 3 lbs
 6-1/2 lbs

Measure

3-1/3 tbsp
 100 each
 1 qts 5/8 cup
 2 qts 3-7/8 cup
 1 gal 1/8 qts

Issue

4-1/3 lbs
 3-1/3 lbs
 6-5/8 lbs

Method

- 1 Wash chicken breasts thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray griddle with cooking spray. Grill breasts 5 minutes; lightly spray with cooking spray; turn; grill second side 4 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Place 1 chicken breast on the bottom half of bun. Spread 2 tsp of salad dressing on top half of bun.
- 4 Place lettuce leaf, onion slice and tomato slice over chicken breast. Cover with top half of bun. CCP: Hold for service at 140 F. or higher.