



Chicken Flatbread Bento Box

Created by Executive Chef Darius Peacock, Union City School District, Union City, NJ

Chicken Flatbread Bento Box

Entrees

Recipe HACCP Process: #2 Same Day Service

Ingredients

Yogurt, Greek, plain low-fat (6 qt + 1 cup)
Fresh Cilantro, finely chopped (3-1/2 cups)
Fresh mint, finely chopped (3 cups)
Fresh ginger, grated (1/2 cup)
Lemon juice (1 cup)
Chicken, pulled, (5 lbs)
Carrot sticks (6-1/2 lbs)
Whole grain flatbread, 6x6, cut in half (13 each)

Serving:

3 oz. meat/meat alternate; 1/2 cup vegetable;
1 grain serving

Preparation

1. In a bowl, combine yogurt, cilantro, mint, ginger and lemon juice. Mix well.
2. In a 4 compartment bento box put:
 - 3 oz. pulled chicken
 - 4 oz. carrot sticks
 - 1/2 flatbread
 - 1/2 cup of cilantro mint yogurt dip
3. Top with lid and label with date. Hold for service at 41°F or less (CCP).

Yield:

25 Servings

Nutrients Per Serving

| | | | | | |
|-----------------------|--------------------|-----------------------|--------------------|-------------------|-----------------------|
| Calories: 384 kcal | Total Fat: 10.29 g | Saturated Fat: 2.62 g | Cholesterol: 69 mg | Sodium: 598 mg | Carbohydrate: 36.99 g |
| Dietary Fiber: 6.10 g | Protein: 32.62 g | Vitamin A: 2884 IU | Vitamin C: 13.5 mg | Calcium: 92.17 mg | Iron: 1.89 mg |