

Recipe Prep Sheet

SVAHS

990837 - Greek Chicken Gyro

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 50

Portion Size: 1 pita

Ingredient #	Ingredient Name	Measurements	Instructions
991256	Flatbread, Wholegrain, Rich's #BK114	50 Each	No Instructions Assigned
991257	CHICKEN STRIPS unseasoned, USDA	9 1/2 lb	<p>CCP: Wash your hands before you begin.</p> <p>If you go to the rest room, you are required to wash your hands in the rest room and wash them again when you enter the kitchen. This is double washing. IT IS REQUIRED.</p> <p>CCP: Place GLOVES on Hands after washing. Change them every time you change a task. Change them if you touch something that is not sanitized. Change them if they become soiled.</p> <p>Make sure your food prep area, equipment and utensils to be used are washed and sanitized before you begin.</p> <p>Gather all ingredients, equipment, utensils to be used in this recipe. This helps prevent cross contamination.</p> <p>Place the Marinade ingredients (garlic, oil, lemon juice, vinegar, oregano, salt, pepper) in a container and mix. Add the chicken and toss to coat all pieces. Marinate for at least 4 hours, ideally 12 hours.</p> <p>☐</p> <p>Heat oven to 400. remove chicken from marinade shaking off excess. Lay out chicken on oiled sheet pans and roast in oven 10-15 min. to heat through and achieve coloring.</p> <p>☐</p> <p>Serve 2oz chicken in pita with 2 Tbsp. Tzatziki sauce, 1/2c lettuce, 3 slices tomato and 2 Tbsp. onion.</p>
991258	GARLIC, Chopped in Water #CP484	1/2 CUP	
002048	VINEGAR, CIDER	1/2 CUP	
991259	LEMON Juice	2 cup	
991260	OIL, Vegetable	2/3 CUP	
991262	OREGANO LEAVES, Dried	1 cup, leaves	
991263	Salt, Table	1 tbsp	
991264	Pepper, Black	2 tbsp, ground	
991265	TOMATOES, RED, RIPE, RAW	6 1/2 CUP, chopped or sliced	
991266	LETTUCE, COS OR ROMAINE, Raw	25 CUP, shredded or leaves	
991267	ONIONS, RED, RAW	6 CUP, sliced	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (1 pita)

Calories ¹	401.554 kcal	Total Fat	17.767 g	Total Dietary Fiber	4.009 g	Vitamin C	5.343 mg	39.821% Calories from Total Fat
Saturated Fat ¹	3.869 g	Trans Fat ²	*0.000* g	Protein	26.268 g	Iron	*1.346* mg	8.672% Calories from Sat Fat
Sodium ¹	898.024 mg	Cholesterol	92.416 mg	Vitamin A	2531.558 IU	Water	*58.885* g	*0.000%* Calories from Trans Fat
Total Sugars	*2.010* g	Carbohydrate	38.563 g	Calcium	*13.505* mg	Ash	*0.306* g	38.413% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.166% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
		Vegetable	1.5 cup	Milk	cup

Allergens							
Milk	Soy	Wheat	Poultry				

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