Chicken Flatbread Bento Box

Created by Executive Chef Darius Peacock, Union City School District, Union City, NJ
Chicken Flatbread Bento Box

Recipes HACCP Process: #2 Same Day Service

**Entrees**

**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)

**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 cilantro mint yogurt dip
3. Top with lid and label with date. Hold for service at 41°F or less (CCP).

**Serving:**
- 3 oz. meat/meat alternate; 1/2 cup vegetable;
- 1 grain serving

**Yield:**
- 25 Servings

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>384 kcal</td>
<td>10.29 g</td>
<td>2.62 g</td>
<td>69 mg</td>
<td>598 mg</td>
<td>36.99 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>6.10 g</td>
<td>32.62 g</td>
<td>2884 IU</td>
<td>13.5 mg</td>
<td>92.17 mg</td>
<td>1.89 mg</td>
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