

GENERAL INFORMATION

Recipe #	Category	Source
1803975	Lunch Entree	Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Chicken Strips, Unbreaded, Dark Meat, 171/3oz, 32#, 2M, Gold Creek, 791896	3 lbs., 2 oz.		
Cheese, Cheddar, Yellow, Shredded, 6/5#, USDA, 100003	1 lbs., 9 oz.		
Sauce, BBQ, Hickory Flavored, 4/1gal, 38.45#, Ken's, KE0849	1 pt., 1 c., 2 tbsp.		
Tortilla, Flour and Corn, 10", 2WG, 144/62g, 19.8#, Don Pancho, 79341.02205	25 tortilla		
Pico de Gallo (SFR-School Food Rocks)	1 qt., 1 pt., ¼ c.		
Tomatoes, red, ripe, raw, year round average	1 pt., 1 ¾ c. chopped or sliced		
Onions, raw	1 ¼ c. chopped, raw to prepared		
Coriander (cilantro) leaves, raw	¾ c., 3 tbsp.		
Peppers, jalapeno, raw	3 ¾ pepper		
Limes, raw	2 ½ fruit (2" dia)		
Salt, table	1 ¼ tsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling product. Replace gloves after handling any other object.

CCP: Record time and internal temperature of product when received on daily log.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded

Instructions:

1. Thaw chicken strips under refrigeration at 40°F or below for 2 hours prior to service day.
2. Preheat oven to 375°F.
3. Prepare the Pico:

1. Dice onions, tomatoes, and jalapenos. Chop cilantro and cut limes in half.

2. Combine onions, tomatoes, jalapenos, salt, and cilantro in a bowl. Add the juice of limes, combine ingredients well and refrigerate for 1 hour before use.
4. Portion BBQ sauce into a mixing bowl and toss with thawed chicken strips until evenly coated.
5. Warm chicken in a preheated oven:

1. Spread BBQ chicken in a single layer on parchment-lined sheet pans.

2. Heat for 10–12 minutes until internal temperature reaches 165°F for 15 seconds. Critical Control Point: Heat to 165°F for 15 seconds
6. Assemble quesadilla:

1. Lay 1 Don Pancho 10" tortilla flat.

2. On half of the tortilla, layer:

3. 2 oz BBQ chicken

4. 1 oz cheddar cheese

5. 1/4 c pico de gallo



BBQ Chicken Quesadilla

Serving Size	Yield
1 Quesadilla	25

Nutrition Facts

Serving Size  
1 Quesadilla (223 gm)

Amount Per Serving	
Calories	404.131
% Daily Value*	
Total Fat	18.190 gm 27.985 %
Saturated Fat	8.526 gm 42.628 %
Trans Fat	0.000 gm
Cholesterol	72.899 mg 24.3 %
Sodium	1,307.727 mg 54.489 %
Total Carbohydrate	42.890 gm14.297 %
Dietary Fiber	4.077 gm 16.309 %
Total Sugars	10.023 gm
Includes 8.694* of Added Sugars	
Protein	21.490 gm 42.98 %
Vitamin A, RAE	N/A* mcg
Vitamin C	8.623* mg 14.372 %
Vitamin D	0.006* mcg 0.031 %
Calcium	161.074* mg 16.107 %
Iron	2.690* mg 14.944 %
Potassium	424.804* mg 9.038 %
Saturated Fat % of Calories	18.987%

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Meat/Meat Alternates	2.25 oz

6. Fold tortilla over to form a half-moon shape and coat lightly with pan coating spray
7. Cook quesadillas:

1. Place folded quesadillas on a parchment-lined sheet pan (do not overlap).

2. Bake at 375°F for 8–10 minutes or until tortilla is golden and cheese is melted.**Critical Control Point: Final product must reach 135°F for 15 seconds.**
8. Hold hot: Transfer to 4" steam table pans and hold at 135°F or above until service.
9. Serve 1 quesadilla per student.

Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

MY SCHOOL MENUS

SHARING

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
06-22-2025	06-01-2025

Whole Grain-Rich	2 oz
Other Vegetables	0.25 cups

Allergens

Milk

Wheat

Vendors

- Don Pancho
- Gold Creek
- Ken's Foods, Inc.
- USDA Foods in Schools