

Chipotle Chicken “Tostada” Style Pupusa (SFR-School Food Rocks)



General Information

Recipe #	Category	Source
2114771	Lunch Entree	Local

Ingredients

Name	Quantity	Quantity + 2
Lettuce, iceberg (includes crisphead types), raw	1 gal., 2 qt., 1 c. shredded	
Pupusa, Chipotle Chicken and Cheese, 40/5.5oz, 13.75#, 2M, 2.25WG, Del Real, Product Code 614	100 pupusa	
 Cilantro Lime Crema (SFR-School Food Rocks)	1 qt., 1 pt., ¼ c.	
Sour cream, reduced fat	1 qt., 1 pt., ¼ c.	
Lime juice, raw	1 ½ c., 1 tbsp.	
Coriander (cilantro) leaves, raw	1 ½ c., 1 tbsp.	
Spices, garlic powder	¾ c., ½ tsp.	
 Pico de Gallo (SFR-School Food Rocks)	1 gal., 2 qt., 1 c.	
Tomatoes, red, ripe, raw, year round average	3 qt., 1 pt., 1 c. chopped or sliced	
Onions, raw	1 qt., 1 c. chopped, raw to prepared	
Coriander (cilantro) leaves, raw	1 pt., 1 ¾ c.	
Peppers, jalapeno, raw	15 pepper	
Limes, raw	10 fruit (2" dia)	
Salt, table	1 tbsp., 2 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.

Instructions:

1. Wash and dry all produce.
2. Prepare the Cilantro Lime Crema:
 1. Finely chop cilantro. Combine sour cream, lime juice, garlic powder, salt, and cilantro in a mixing bowl.
 2. Stir until completely blended and smooth. Transfer crema to a squeeze bottle or container, refrigerate. **Critical Control Point: Hold cold at 41°F or below until**



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Serving Size	Yield
1 Pupusa	100.00

Nutrition Facts

Serving Size 1 Pupusa (231 gm)		
Amount Per Serving		
Calories		355.882
		% Daily Value*
Total Fat	16.807 gm	25.856%
Saturated Fat	5.561 gm	27.807%
Trans Fat	0.000* gm	
Cholesterol	49.200 mg	16.4%
Sodium	738.894 mg	30.787%
Total Carbohydrate	31.305 gm	10.435%
Dietary Fiber	3.934 gm	15.737%
Total Sugars	2.566 gm	
Includes 0.000 gm of Added Sugars		
Protein	19.452 gm	38.903%
Vitamin A	34.328*	3.814%
Vitamin C	10.442*	17.403%
Vitamin D	0.036	0.18%
Calcium	387.800	38.78%
Iron	1.550	8.61%
Potassium	1166.582	24.821%
Saturated Fat % of Calories		14.064 %
Added Sugar % of Calories		0.000 %

* 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 the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
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- service.
3. Prepare the Pico de Gallo:
- 1. Dice onions, tomatoes, and jalapeños. Chop cilantro and cut limes in half.
 - 2. Combine onions, tomatoes, jalapeños, salt, and cilantro in a bowl. Add the juice of limes and mix ingredients well. Cover and refrigerate for at least 1 hour before use. **Critical Control Point: Hold cold at 41°F or below until service.**
 - 4. Wash romaine lettuce under cool running water and shred. Transfer to covered container until service. **Critical Control Point: Hold cold at 41°F or below until service.**
 - 5. Preheat oven to 375°F. Line sheet pans with parchment paper.
 - 6. Remove pupusas from packaging and place on pan in a single even layer. Place pan in preheated oven for 12–15 minutes. **Critical Control Point: Product must reach an internal temperature of 165°F for 15 seconds.** Transfer pupusas to hot holding cabinet until service. **Critical Control Point: Hold hot at 135°F or above until service.**
 - 7. Assembly:
 - 1. Place 1 chipotle chicken pupusa into serving container.
 - 2. Top with 1/4 cup of shredded lettuce.
 - 3. Add 1/4 cup of pico de gallo.
 - 4. Drizzle with 1 tbsp of cilantro lime crema.
 - 8. Serve immediately.

Meat/Meat Alternates	2.25 oz
Whole Grain-Rich	2.25 oz
Other Vegetables	0.25 cups

Allergens

Milk

Added Sugar Limitations

Not applicable.

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.

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° F must be removed from service until such time as they are reheated to 165° F. 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.

Dates	
Last Updated	Created
06-05-2026	05-23-2026