

Idaho Child Nutrition Programs

Recipe: 000021 Mandarin Chicken Rice Bowl K-8

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: See Instruction

902441 Ham, Water Added, Fully Cooked, Frozen, USDA..... 902442 CARROTS, CANNED, SLICED OR CUT, DRAINED, USDA.... 050535 BEANS, GREEN, LOW-SODIUM, CANNED..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R..... 011143 CELERY,RAW..... 902440 Scrambled Eggs, Pre-Cooked, USDA Foods.....	1 1/2 LB 2 3/4 #10 Can 2 1/4 #10 can 1 LB 1/2 LB 1 1/2 LB	Prepare Ingredients: Thaw ham. Drain canned carrots and canned green beans. Chop green onions and celery. Dice and brown ham. Heat scrambled eggs in oven, following manufacturer's instructions, and set aside in warmer until needed.
902369 Tangerine Chicken (w/ sauce).....	22 LB	Cook Chicken: Prepare chicken and sauce separately. Follow manufacturer's instructions for chicken. Note: The chicken quantity listed in the ingredients is the weight of the chicken and the sauce together. The chicken portion without sauce is 15.4 lbs.
014429 WATER,MUNICIPAL.....	4 1/2 cup	Cook Sauce: In a large sauce pan thin sauce with water. For every bag of sauce add 1 ½ cups of water. Heat to 165°F. Sauce should have a nectar-like consistency.

NOTICE: The data contained within this report and the NUTRIKIDS® 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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050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT... 011313 PEAS, GRN, FRZ, CKD, BLD, DRND, WO/SALT..... 002047 SALT, TABLE..... 016424 SOY SAUCE MADE FROM SOY&WHEAT (SHOYU),LO NA.....	3 1/8 GAL 4 CUP 1 TBSP 2 1/2 CUP	<p>Prepare Fried Rice: Cook rice according to package directions.</p> <p>NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.</p> <p>For tender rice, do not add salt to rice during cooking, even when the package directions call for it.</p> <p>To cooked rice add eggs, ham, onions, frozen peas, celery, salt and soy sauce. Stir well. Cover and place in steam table. Add water if needed to keep moist.</p>
901081 SNOW PEAS, CHINESE, RAW..... 011112 CABBAGE, RED, RAW.....	4 1/2 LB 2 1/4 LB	<p>Prepare Vegetables: Option 1: Toss snow peas, green beans, carrots, and red cabbage together and steam for 5-7 minutes or until tender.</p> <p>Option 2: Toss snow peas, green beans, carrots, and red cabbage together. Bring water in kettle to a boil and cook for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm).</p>
		<p>Assemble Dish: Serve heaping ½ cup fried rice and ¾ cup steamed veggies. Top with 2.5 oz. chicken without sauce and 1.4 oz. sauce.</p> <p>Serve items individually on trays or use a Chinese to-go box and layer fried rice, steamed veggies, chicken, and sauce.</p>

*Nutrients are based upon 1 Portion Size (See Instruction)

Calories	359 kcal	Cholesterol	70.00 mg	Protein	18.11 g	Calcium	73.27 mg	13.82%	Calories from Total Fat
Total Fat	5.51 g	Sodium	1029.19 mg	Vitamin A	*1833.80* RE	Iron	*2.53* mg	3.56%	Calories from Saturated Fat
Saturated Fat	1.42 g	Carbohydrates	58.31 g	Vitamin A	*9644.00* IU	Water ¹	*53.68* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.41 g	Vitamin C	25.11 mg	Ash ¹	*1.44* g	64.96%	Calories from Carbohydrates
								20.18%	Calories from Protein

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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 optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 1.250 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change..... 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902441	Ham, Water Added, Fully Cooked, Frozen, USDA			
I	902442	CARROTS, CANNED, SLICED OR CUT, DRAIN			
I	050535	BEANS, GREEN, LOW-SODIUM, CANNED			
I	011291	ONIONS, SPRING OR SCALLIONS (INCL TOPS			
I	011143	CELERY, RAW			
I	902440	Scrambled Eggs, Pre-Cooked, USDA Foods			
I	902369	Mandarin Orange Chicken			
I	014429	WATER, MUNICIPAL			
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	011313	PEAS, GRN, FRZ, CKD, BLD, DRND, WO/SALT			
I	002047	SALT, TABLE			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	901081	PEA POD, CHINESE, RAW			
I	011112	CABBAGE, RED, RAW			

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