

# HONEY LEMON CHICKEN

**MEAL COMPONENT CONTRIBUTION:**

3 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 thigh**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Municipal, Mississippi	2 quart(s)
Honey, Bulk, #285	2 pound(s) + 14 ounce(s)
Lemon Juice, Canned/Bottled, #398	2 cup(s)
Salt, Table, #343	2 tablespoon(s) + 2 teaspoon(s)
Pepper, White, Ground, #337	1 tablespoon(s) + 1 teaspoon(s)
Chicken, Thigh, IQF, #11	100 thigh(s)
Cornstarch, #377	2 cup(s)
Water, Municipal, Mississippi	1 cup(s)

**DIRECTIONS**

- Combine water, honey, lemon juice, salt and pepper in a bowl. Set aside.
- Place 25 chicken thighs in each 12" x 20" x 2 1/2" steamtable pan and cover with foil.
- To bake:
  - Conventional oven: 400 degrees F, 20 minutes.
  - Convection oven: 375 degrees F, 20 minutes.
- Drain fat and discard. Pour 3 1/2 cups of honey lemon mixture over each pan of chicken thighs.
- Return to oven and bake until golden brown:
  - Conventional oven: 350 degrees F, 15 minutes.
  - Convection oven: 325 degrees F, 15 minutes.

For glazed appearance, baste after 10 minutes.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

- Portion 1 thigh for each serving. Each portion provides 3 oz. eq. meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in 1/2 cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 quart of honey-lemon sauce until it simmers, 180 degrees F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can also be used as a sauce for vegetables or rice.

If thighs weigh less than 4 ounces, adjust weights of chicken pieces according to Food Buying Guide. Fifty pounds of cut-up chicken can be used in place of the thighs. Refer to Food Buying Guide for portion sizes to use.

# HONEY LEMON CHICKEN

## NUTRIENTS PER SERVING

Calories	311	Dietary Fiber	0.90 g	Sodium	276.04 mg	Sat. Fat	6.00 g
Carbohydrates	13.46 g	Protein	18.08 g	Total Fat	21.02 g	Trans Fat	0.00 g

# ITALIAN BAKED CHICKEN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Spice Blend MS, Italian, No Salt, #561	1/4 cup(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	3 tablespoon(s)
Garlic Powder, #331	1/3 cup(s)
Onion Powder, #326	3 tablespoon(s)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s), ready to cook

**DIRECTIONS**

- Combine Italian spice blend, salt, black pepper, garlic powder, and onion powder in a food processor and grind to fine powder. Set aside.
- Rub chicken with spice mixture.
- Place chicken on aluminum foil lined sheet pans.
- Cover and let set overnight in refrigerator.  
CCP: Cover and refrigerate at 41 degrees F or lower.
- When ready to cook the recipe, remove chicken from the refrigerator.  
To bake:  
Conventional oven: 400 degrees F, 35 minutes.  
Convection oven: 375 degrees F, 35 minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer to steamtable pans for immediate service or cover and store in warmer until needed.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 breast, 1 wing and 1 drumstick, or 1 thigh with back for each serving. Each portion provides 2 oz. eq. serving of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased products, refer to the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs, or check for CN labels. Adjustments may need to be made to the nutritional analysis.

**MISCELLANEOUS NOTES**

Ounce equivalence information is based on data from the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs.

# ITALIAN BAKED CHICKEN

## NUTRIENTS PER SERVING

Calories	114	Dietary Fiber	0.11 g	Sodium	192.00 mg	Sat. Fat	1.19 g
Carbohydrates	0.62 g	Protein	17.01 g	Total Fat	4.34 g	Trans Fat	0.00 g

# LEMON PEPPER CHICKEN

**MEAL COMPONENT CONTRIBUTION:**

3 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 thigh**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, Thigh, IQF, #11	100 thigh(s)
Lemon Pepper, #325	1/2 cup(s)

**DIRECTIONS**

1. Thaw chicken in refrigerator. Drain well. Arrange chicken on sheet pans sprayed with pan release spray.
2. Sprinkle lemon pepper over chicken.
3. Bake uncovered until tender, checking frequently:  
Conventional Oven: 425 degrees F, 45 minutes.  
Convection Oven: 375 degrees F, 30 minutes.  
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Transfer to steamtable pans for serving or cover and store in warmer until ready to serve.
5. Portion one thigh per serving. Each portion provides 3 oz. eq. of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	260	Dietary Fiber	0.00 g	Sodium	169.00 mg	Sat. Fat	6.00 g
Carbohydrates	0.00 g	Protein	18.00 g	Total Fat	21.00 g	Trans Fat	0.00 g

# RANCH BAKED CHICKEN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s), ready to cook
Dressing, Ranch, Dry Mix, #201	3 1/4 ounce(s)

**DIRECTIONS**

1. Thaw chicken in refrigerator.
2. Place chicken on lined sheet pans and season with ranch dressing mix.
3. Bake covered for 30 minutes, remove cover. Return to oven and bake until golden brown:
  - Conventional oven: 400 degrees F, 1 hour and 15 minutes (total time).
  - Convection oven: 375 degrees F, 1 hour (total time).

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

4. Place chicken in steamtable pans for service.
5. Portion 1 breast, 1 wing and 1 drumstick, or 1 thigh with back for each serving. Each portion provides 2 oz. eq. serving of meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased products, refer to the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs, or check for CN labels. Adjustments may need to be made to the nutritional analysis.

**MISCELLANEOUS NOTES**

Ounce equivalence information is based on data from the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs.

**NUTRIENTS PER SERVING**

Calories	113	Dietary Fiber	0.02 g	Sodium	183.18 mg	Sat. Fat	1.19 g
Carbohydrates	0.41 g	Protein	17.00 g	Total Fat	4.33 g	Trans Fat	0.00 g

# SEASONED BAKED CHICKEN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s), ready to cook
Spice Blend MS, Creole, No Salt, #563	1/4 cup(s)
Pepper, Red or Cayenne, Ground, #338	1 tablespoon(s)
Garlic Powder, #331	1 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)

**DIRECTIONS**

- Thaw chicken in refrigerator. Drain well.
- Combine Creole spice blend, red pepper, garlic powder, and black pepper in a large bowl. Set aside.
- Arrange chicken on sheet pans that have been lined with pan liners or aluminum foil. Use 4 pans for 100 servings.  
Season chicken with spice mixture.
- To bake:  
Conventional oven: 400 degrees F, 35 minutes.  
Convection oven: 375 degrees F, 35 minutes.  
Bake until golden brown and chicken reaches desired temperature.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer chicken in steamtable pans. Cover with pan-liner instead of aluminum foil or saran wrap to ensure that chicken remains crisp. Serve immediately or place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 breast, 1 wing and 1 drumstick, or 1 thigh with back for each serving. Each portion provides 2 oz. eq. serving of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased products, refer to the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs, or check for CN labels. Adjustments may need to be made to the nutritional analysis.

**MISCELLANEOUS NOTES**

Ounce equivalence information is based on data from the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs.

**NUTRIENTS PER SERVING**

Calories	112	Dietary Fiber	0.04 g	Sodium	50.29 mg	Sat. Fat	1.19 g
Carbohydrates	0.13 g	Protein	16.92 g	Total Fat	4.34 g	Trans Fat	0.00 g

# CRISPY CHICKEN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s), ready to cook
Flour, All Purpose, Enriched, #358	1 5/8 pound(s)
Milk, Dry, Nonfat Powder, #376	3 cup(s)
Poultry Seasoning, #339	4 tablespoon(s)
Pepper, Black, Ground, #336	1 1/2 tablespoon(s)
Parsley, Dried, Chopped, #316	1 teaspoon(s)
Garlic Powder, #331	2 1/2 tablespoon(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

**DIRECTIONS**

- Thaw chicken in refrigerator. Drain well.
- Combine flour, dry milk, poultry seasoning, pepper, parsley, and garlic powder. Mix well.
- Place chicken pieces in large bowl. Then coat chicken with seasoned flour.
- Spray sheet pans with pan release spray or line with parchment paper or aluminum foil. Place approximately 25 pieces of chicken on each prepared sheet pan.
- Bake until golden brown:  
Conventional Oven: 400 degrees F for 45-55 minutes.  
Convection Oven: 350 degrees F for 30-35 minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer chicken in steamtable pans. Serve immediately or place in warmer until ready for service. If holding for service, cover pans with pan-liner instead of aluminum foil or saran wrap to maintain crispness.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 breast, 1 wing and 1 drumstick, or 1 thigh with back for each serving. Each portion provides 2 oz. eq. serving of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased products, refer to the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs, or check for CN labels. Adjustments may need to be made to the nutritional analysis.

**MISCELLANEOUS NOTES**

Ounce equivalence information is based on data from the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs.



# CRISPY CHICKEN

## NUTRIENTS PER SERVING

Calories	152	Dietary Fiber	0.26 g	Sodium	69.81 mg	Sat. Fat	1.23 g
Carbohydrates	7.75 g	Protein	19.01 g	Total Fat	4.44 g	Trans Fat	0.00 g

**BBQ CHICKEN**

MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s), ready to cook
Sauce, BBQ, Hickory Smoke, #287	3 cup(s)

**DIRECTIONS**

1. Thaw chicken in refrigerator. Drain well.
2. Arrange chicken on sheet pans that have been lined with pan liners or aluminum foil. Use 4 pans for 100 servings.
3. Brush barbecue sauce over chicken.
4. To bake:  
Conventional Oven: 350 degrees F, 1 hour.  
Convection Oven: 350 degrees F, 1 hour.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Transfer chicken in steamtable pans. Cover with pan-liner instead of aluminum foil or saran wrap to ensure that chicken remains crisp. Serve immediately or place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Portion 1 breast, 1 wing and 1 drumstick, or 1 thigh with back for each serving. Each portion provides 2 oz. eq. serving of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased products, refer to the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs, or check for CN labels. Adjustments may need to be made to the nutritional analysis.

**MISCELLANEOUS NOTES**

Ounce equivalence information is based on data from the USDA Food and Nutrition Services Food Buying Guide for School Meal Programs.

**NUTRIENTS PER SERVING**

Calories	120	Dietary Fiber	0.00 g	Sodium	150.39 mg	Sat. Fat	1.19 g
Carbohydrates	2.46 g	Protein	16.90 g	Total Fat	4.33 g	Trans Fat	0.00 g

# BROCCOLI CHICKEN CASSEROLE

## MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1/8 cup serving other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1/2 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bun, Hamburger, WGR, #549	3 1/2 bun(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 8 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Broccoli, Frozen, Chopped, #64	2 pound(s) + 8 ounce(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 10 ounce(s)
Sour Cream, Cultured, MS #16	5 pound(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Garlic Powder, #331	1 tablespoon(s)
Sauce, Worcestershire, Bulk, #289	1/4 cup(s)
Mustard, Prepared, Yellow, Bulk, #282	1 tablespoon(s)
Lemon Juice, Canned/Bottled, #398	3/4 cup(s)

## DIRECTIONS

1. Toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs. Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
2. Combine chicken, onions, broccoli, cheese, sour cream, seasonings, mustard, and lemon juice in tilt skillet or steamjacketed kettle. Cook to soften ingredients. Pour in full-size steamtable pans. For 50 servings, use 1 steamtable pan. Cover pans with aluminum foil.
3. To bake:  
Conventional oven: 325 degrees F for 40 minutes.  
Convection oven: 300 degrees F for 35 minutes
4. Uncover pans and top each pan with 2 cups toasted bread crumbs and continue baking until the casserole is firm, about 15 more minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Serve immediately or cover and place in warmer until ready for service. Portion with 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate and 1/8 cup serving of other vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## PRODUCTION NOTES

Use commodity products when available

# BROCCOLI CHICKEN CASSEROLE

## NUTRIENTS PER SERVING

Calories	260	Dietary Fiber	1.05 g	Sodium	333.32 mg	Sat. Fat	9.13 g
Carbohydrates	7.76 g	Protein	24.07 g	Total Fat	14.90 g	Trans Fat	0.00 g

# CHICKEN FIESTA MELT

**MEAL COMPONENT CONTRIBUTION:**

2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, Pattie, Frozen, Breaded, #15	100 pattie(s)
Salsa, Mild, Bulk, #269	1 2/3 quart(s)
Cheese, American Process, Sliced, #39	3 pound(s) + 2 ounce(s)

**DIRECTIONS**

- Place precooked breaded chicken breast patties on sheet pan sprayed with pan release spray or lined with parchment paper.
- Spoon 1 tablespoon of salsa in center of each patty.
- Top each patty with 1/2 ounce sliced cheese.
- Bake according to package directions.  
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place patties in a single layer on steamtable pan (12" x 20" x 2 1/2"). Serve immediately or place in warmer until ready for service. If holding for service, cover pans with pan-liner, aluminum foil or saran wrap.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 patty for each serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate and 1 oz. eq. of whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	310	Dietary Fiber	2.81 g	Sodium	844.91 mg	Sat. Fat	5.59 g
Carbohydrates	19.75 g	Protein	19.57 g	Total Fat	17.50 g	Trans Fat	0.00 g

# CHEESY CHICKEN OVER RICE

## MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 80 **SIZE OF PORTION:** 1/2 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Bun, Hamburger, WGR, #549	3 1/2 bun(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Onions, Frozen, Chopped, #72	1 quart(s)
Soup, Cream of Chicken, Low Sodium, #352	2 50 ounce can(s)
Sour Cream, Cultured, MS #16	3 quart(s)
Water, Municipal, Mississippi	2 quart(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	3 pound(s) + 4 ounce(s)
Pimentos, Diced, Canned, #276	3/4 cup(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Chicken, Diced, Cooked, IQF, #17	9 pound(s) + 8 ounce(s)
Rice, Long Grain,Brown, Parboiled, #556	4 pound(s) + 12 7/8 ounce(s)
Water, Hot, Municipal	1 gallon(s)
Salt, Table, #343	1 tablespoon(s) + 1/8 teaspoon(s)

## DIRECTIONS

- To prepare breadcrumbs:
  - Toast buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
  - Cool before preparing crumbs.
  - Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Spray steam-jacketed kettle or skillet with pan release spray. Add onions. Sauté approximately 5 minutes.
- In a large bowl, blend together soup, sour cream, water, cheese, pimento, parsley, and sautéed onions, then add chicken to soup mixture. Pour mixture into half-size steamtable pans (12" x 10" x 4) and sprinkle with breadcrumbs.
- To prepare rice:
  - Place brown rice in a steamtable pan. Add hot water to each pan.
  - Add salt to each pan and mix until well combined.
  - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
  - Place rice in half-size steamtable pans (12" x 10" x 4") and cover. Place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

# CHEESY CHICKEN OVER RICE

## DIRECTIONS

### 5. To bake:

Conventional oven: 350 degrees F, 30-40 minutes.

Convection oven: 350 degrees F, 30 minutes.

Serve immediately or cover and place in warmer until ready for service.

CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.

### 6. Portion rice with #8 scoop (1/2 cup serving), portion chicken mixture with a 6 ounce ladle or 6 ounce spoodle over cooked rice per serving.

Each portion provides 2 1/2 oz. eq. of meat/meat alternate and 1 oz. eq. of whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

## PRODUCTION NOTES

Use commodity products when available.

If raw chicken is used, refer to the buying guide for appropriate amounts.

## SERVING NOTES

Do not overfill steamable pans.

Garnish with several sprigs of parsley or kale/cherry tomato in one corner of each pan for eye appeal.

May be served over noodles instead of rice.

## NUTRIENTS PER SERVING

Calories	336	Dietary Fiber	1.38 g	Sodium	463.83 mg	Sat. Fat	6.95 g
Carbohydrates	29.17 g	Protein	25.56 g	Total Fat	12.74 g	Trans Fat	0.00 g

# CHEESY CHICKEN FIESTA OVER RICE

## MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 80 **SIZE OF PORTION:** 1/2 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Bun, Hamburger, WGR, #549	3 1/2 bun(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Onions, Frozen, Chopped, #72	1 quart(s)
Soup, Cream of Chicken, Low Sodium, #352	2 50 ounce can(s)
Sour Cream, Cultured, MS #16	3 quart(s)
Water, Municipal, Mississippi	2 quart(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	3 pound(s) + 4 ounce(s)
Pimentos, Diced, Canned, #276	3/4 cup(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Salsa, Mild, Bulk, #269	1 quart(s)
Chicken, Diced, Cooked, IQF, #17	9 pound(s) + 8 ounce(s)
Rice, Long Grain, Brown, Parboiled, #556	4 pound(s) + 12 7/8 ounce(s)
Water, Hot, Municipal	1 gallon(s)
Salt, Table, #343	1 tablespoon(s) + 1/8 teaspoon(s)

## DIRECTIONS

- To prepare breadcrumbs:
  - Toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
  - Cool before preparing crumbs.
  - Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Spray steam-jacketed kettle or skillet with food release spray. Add onions. Sauté approximately 5 minutes.
- In a large bowl, blend together soup, sour cream, water, cheese, pimento, parsley, salsa, and sautéed onions.
- Add chicken to soup mixture. Pour mixture into half-size steamtable pans (12" x 10" x 4"), then sprinkle with breadcrumbs.
- To bake:
  - Conventional oven: 350 degrees F, 30-40 minutes.
  - Convection oven: 350 degrees F, 30 minutes.
  - CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.



# CHEESY CHICKEN FIESTA OVER RICE

## DIRECTIONS

6. To prepare brown rice:
- Place brown rice in a steamtable pan. Add hot water to each pan.
  - Add salt to each pan and mix until well combined.
  - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
  - Place rice in half-size steamtable pans (12" x 10" x 4") and cover. Place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

7. Portion rice with #8 scoop (1/2 cup serving) and use a 6 ounce ladle or 6 ounce spoodle to portion chicken mixture over rice for each serving. Each portion provides 2 1/2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## PRODUCTION NOTES

Use commodity products when available.

If raw chicken is used, refer to the buying guide for appropriate amounts.

## SERVING NOTES

Do not overfill steamable pans.

Garnish with several sprigs of parsley or kale/cherry tomato in one corner of each pan for eye appeal. May be served over noodles instead of rice.

## MISCELLANEOUS NOTES

Yield: 50 servings: about 2 1/3 gallons chicken mixture and 1 1/2 gallons rice.

## NUTRIENTS PER SERVING

Calories	340	Dietary Fiber	1.58 g	Sodium	527.83 mg	Sat. Fat	6.95 g
Carbohydrates	29.97 g	Protein	25.56 g	Total Fat	12.74 g	Trans Fat	0.00 g

# CHICKEN A LA KING OVER RICE

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 3/4 cup chicken and 1/2 cup rice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	2 quart(s) + 2 cup(s)
Rice, Long Grain,Brown, Parboiled, #556	3 pound(s)
Salt, Table, #343	2 teaspoon(s)
Water, Hot, Municipal	1 gallon(s)
Milk, Dry, Nonfat Powder, #376	2 2/3 cup(s)
Margarine, Bulk, #119	7 ounce(s)
Flour, All Purpose, Enriched, #358	10 ounce(s) + 1/2 cup(s)
Sour Cream, Cultured, MS #16	5 pound(s)
Water, Municipal, Mississippi	1 gallon(s)
Poultry Seasoning, #339	1/4 ounce(s)
Pepper, Black, Ground, #336	1/2 teaspoon(s)
Onion Powder, #326	1/4 cup(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Garlic Powder, #331	1/2 cup(s)
Salt, Table, #343	1 teaspoon(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)
Peas, Green, Frozen, #74	6 pound(s)
Pimentos, Diced, Canned, #276	1 cup(s)

## DIRECTIONS

- To prepare rice:
  - Place brown rice in a steamtable pan. Add hot water to each pan.
  - Add salt to each pan and mix until well combined.
  - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
  - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

# CHICKEN A LA KING OVER RICE

## DIRECTIONS

2. Melt margarine. Add flour and stir until smooth and flour is dissolved.  
Add sour cream, water, milk, poultry seasoning, pepper, onion powder, parsley, garlic powder, and salt to flour mixture, then stir until well blended.  
Bring to boil. Reduce heat to medium.  
Cook uncovered, stirring frequently until mixture is thickened, about 12-15 minutes.
3. Add chicken, peas, and chopped pimentos to mixture.  
Cook over medium heat for 3-5 minutes or until heated through and product reaches correct temperature.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Pour mixture into serving pans. Serve immediately or cover and place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
5. Portion 1/2 cup rice with 4 ounce spoodle or #8 scoop, portion meat mixture with a 6 ounce ladle (3/4 cup) over rice for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain and 1/4 cup of other vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	311	Dietary Fiber	3.55 g	Sodium	272.00 mg	Sat. Fat	7.48 g
Carbohydrates	21.91 g	Protein	25.71 g	Total Fat	13.42 g	Trans Fat	0.00 g

# CHICKEN AND DUMPLINGS

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate; 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 3/4 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tortilla, Soft Flour, 6", #61	50 tortilla(s)
Margarine, Bulk, #119	1/2 pound(s)
Milk, Lowfat, Unflavored, 1% Milk Fat, #3	1 quart(s)
Flour, All Purpose, Enriched, #358	1 cup(s)
Water, Municipal, Mississippi	2 1/2 gallon(s)
Base, Chicken, Low Sodium, #348	8 ounce(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Black, Ground, #336	1 1/2 teaspoon(s)
Chicken, Diced, Cooked, IQF, #17	6 1/2 pound(s)

## DIRECTIONS

- Cut tortillas into 1 1/2 inch squares. Helpful hint: To make 1 1/2 inch squares, cut tortillas 3 times across in each direction.
- Melt margarine in a pot. Whisk in flour until well blended and smooth, about 1 1/2 minutes.
- Combine milk, water, chicken base, salt, and pepper. Add gradually to flour and margarine mixture. Stir gently to combine. Bring to a rolling boil.
- Drop in tortillas into sauce in small batches. Cook over medium heat until tortillas are tender, approximately 10 minutes. Stir gently to prevent tortillas from sticking.
- Add thawed chicken to hot mixture and heat thoroughly.  
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Pour into serving pans. Serve immediately or cover and place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion with 6 ounce ladle (3/4 cup) per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## PRODUCTION NOTES

Whole grain biscuits may be used instead of tortillas. For 100 servings, use 100 1 oz. eq. biscuits. Split biscuit in half, then cut it into quarters for 8 pieces of dumpling from each biscuit. See pictures for an example. If biscuits are used, the nutrient analysis will need to be re-calculated.

## SERVING NOTES

May sprinkle parsley once the dish has been placed into serving pans to increase eye appeal.

# CHICKEN AND DUMPLINGS

## NUTRIENTS PER SERVING

Calories	244	Dietary Fiber	2.13 g	Sodium	495.72 mg	Sat. Fat	4.13 g
Carbohydrates	18.69 g	Protein	22.22 g	Total Fat	9.42 g	Trans Fat	0.00 g

# CHICKEN AND DUMPLINGS

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN AND DUMPLINGS

1.



tortillas cut 3 times across in each direction

2.



gently stirring the tortillas in the sauce

3.



one portion of chicken and dumplings garnished with parsley

4.



Cutting a 1 oz. eq. biscuit into eight pieces

# CHICKEN AND NOODLE CASSEROLE

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Broth, Chicken, Low Sodium, #350	2 1/2 #3 can(s)
Water, Municipal, Mississippi	2 gallon(s)
Onions, Frozen, Chopped, #72	2 cup(s)
Carrots, Raw, Mini, Peeled, #602	2 cup(s), chopped
Pasta, Egg Noodle, Medium, #296	2 1/2 pound(s)
Margarine, Bulk, #119	4 ounce(s)
Flour, All Purpose, Enriched, #358	1 ounce(s)
Milk, White, Fat Free (Skim) 1/2 pint, #7	1 1/2 quart(s)
Pepper, Black, Ground, #336	1 1/2 teaspoon(s)
Marjoram, Crushed, #318	1 1/2 teaspoon(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)

## DIRECTIONS

- Heat chicken broth and water to boiling.
- Slowly stir in onions, chopped carrots, and noodles. Simmer for 8 to 10 minutes or until noodles are tender. DO NOT DRAIN.
- In a separate pot, melt margarine. Whisk in flour and stir until smooth. Cook for 1 1/2 minutes.
- Gradually add flour mixture, milk, pepper, marjoram, parsley flakes, and chicken to noodles. Stir gently to combine.
- Cook over medium heat until heated through and thickened.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion one cup serving with 8 ounce ladle for each serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	221	Dietary Fiber	1.77 g	Sodium	272.35 mg	Sat. Fat	1.78 g
Carbohydrates	20.69 g	Protein	23.50 g	Total Fat	5.35 g	Trans Fat	0.00 g

# CHICKEN AND SAUSAGE JAMBALAYA

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	6 pound(s)
Water, Hot, Municipal	1 1/4 gallon(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)
Chicken, Diced, Cooked, IQF, #17	7 pound(s)
Sausage, Sliced, Pork and Beef, #28	7 pound(s)
Oil, Liquid for Fryer, #396	1 cup(s)
Peppers, Green, Diced, Frozen, #75	3 pound(s) + 3 ounce(s)
Onions, Frozen, Chopped, #72	3 pound(s) + 3 ounce(s)
Celery, Fresh, Diced, #604	3 pound(s) + 3 ounce(s)
Tomatoes, Diced, #10 Can, #265	2 quart(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Red or Cayenne, Ground, #338	1 tablespoon(s) + 1 teaspoon(s)
Garlic Powder, #331	1/4 cup(s)
Thyme, Dried, #327	1 tablespoon(s) + 1 teaspoon(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)

## DIRECTIONS

- To prepare rice:
  - Place brown rice in a steamtable pan. Add hot water to each pan.
  - Add salt to each pan and mix until well combined.
  - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
  - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

- Cook sausage in steamer; do not overcook. Drain off fat.  
Place cooked sausage and chicken in tilt skillet or braising pan and sauté until heated thoroughly.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Heat oil in braising pan or steam-jacketed kettle. Add chopped peppers, onions, celery, tomatoes, seasonings to meat mixture.  
Cook until vegetables are tender.
- Add cooked rice to meat and vegetable mixture. Toss lightly to blend well and continue heating. Stir frequently.  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.



# CHICKEN AND SAUSAGE JAMBALAYA

## DIRECTIONS

- Place three (3) gallons of Jambalaya in a steamtable pan (12' x 20" x 4"). Three gallons will yield approximately 45 1-cup servings.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

- Portion two (2) #8 scoops for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and, 1/4 cup other vegetable.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	183	Dietary Fiber	0.97 g	Sodium	432.50 mg	Sat. Fat	3.42 g
Carbohydrates	4.14 g	Protein	15.05 g	Total Fat	12.03 g	Trans Fat	0.00 g

# CHICKEN FAJITAS (COMMODITY)

## MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 fajita

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Strips, Fajita, Commodity, #533	16 pound(s) + 14 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Pimentos, Diced, Canned, #276	28 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s)
Tortilla, Soft Flour, 6", #61	100 tortilla(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	6 pound(s) + 4 ounce(s)
Salsa, Mild, Bulk, #269	1 gallon(s)

## DIRECTIONS

- Place chicken in braising pan or steam-jacketed kettle and heat. Sprinkle Southwest spice blend over chicken. Add pimento and mix well.
- Place onions and green peppers on top of chicken mixture. Stir mixture and heat thoroughly.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place chicken mixture in steamtable pans and hold for service. Do not over heat the product.
- Warm tortillas in oven or according to package directions.
- Portion 1 ounce of cheese in container. Portion 1 ounce of salsa in container.
- Assemble on line by portioning 1/2 cup of mixture on top of warmed tortilla. Offer students cheese and salsa portions.
- Portion one filled tortilla with cheese and salsa provides per serving. Each portion provides 3 oz. eq. of meat/meat alternate, 1 oz. eq. of whole grain, and 1/8 cup of red/orange vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill with in 6 hours to 41 degrees F or lower.

## PRODUCTION NOTES

Adjust seasoning for students in younger grades.  
Use commodity products when available.

## MISCELLANEOUS NOTES

This recipe uses the commodity fajita chicken strips. Please notice that the amount of chicken used and the nutritional analysis is different than recipe "MRS528-Chicken Fajitas (Purchased)" (which uses purchased fajita chicken strips) and "MRS 529-Chicken Fajita (Diced)" (which uses diced chicken).

## NUTRIENTS PER SERVING

Calories	285	Dietary Fiber	2.92 g	Sodium	1130.29 mg	Sat. Fat	5.50 g
Carbohydrates	19.29 g	Protein	23.39 g	Total Fat	11.81 g	Trans Fat	0.00 g

# CHICKEN FAJITAS (COMMODITY)

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN FAJITAS (COMMODITY)

1.



Chicken mixture in a steamtable pan

2.



One serving of Chicken Fajita with salsa and cheese

# CHICKEN FAJITAS (PURCHASED)

## MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 fajita

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Strips, Fajita, Frozen	12 pound(s) + 8 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Pimentos, Diced, Canned, #276	28 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s)
Tortilla, Soft Flour, 6", #61	100 tortilla(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	6 pound(s) + 4 ounce(s)
Salsa, Mild, Bulk, #269	1 gallon(s)

## DIRECTIONS

- Place chicken in braising pan or steam-jacketed kettle and heat. Sprinkle Southwest spice blend over chicken. Add pimento and mix well.
- Place onions and green peppers on top of chicken mixture. Stir mixture and heat thoroughly.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place chicken mixture in steamtable pans and hold for service. Do not overheat the product.
- Warm tortillas in oven or according to package directions.
- Portion 1 ounce of cheese in container. Portion 1 ounce of salsa in container.
- Assemble on line by portioning 1/2 cup of mixture on top of warmed tortilla. Offer students cheese and salsa portions.
- Portion one filled fajita with cheese and salsa per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, and 1/8 cup of red/orange vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

## PRODUCTION NOTES

Adjust seasoning for students in younger grades.  
Use commodity products when available.

## MISCELLANEOUS NOTES

This recipe uses the purchased fajita chicken strips. Please notice that the amount of chicken used and the nutritional analysis is different than recipe "MRS527-Chicken Fajitas (Commodity)" (which uses commodity fajita chicken strips) and "MRS 529-Chicken Fajita (Diced)" (which uses diced chicken).

## NUTRIENTS PER SERVING

Calories	252	Dietary Fiber	2.92 g	Sodium	1019.27 mg	Sat. Fat	4.41 g
Carbohydrates	19.44 g	Protein	19.90 g	Total Fat	9.69 g	Trans Fat	0.00 g

# CHICKEN FAJITAS (PURCHASED)

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN FAJITAS (PURCHASED)

1.



Chicken mixture in a steamtable pan

2.



One serving of Chicken Fajita with salsa and cheese

# CHICKEN FAJITAS(DICED)

**MEAL COMPONENT CONTRIBUTION:**

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 fajita**RECIPE HACCP PROCESS:** #2 - Same day serviceMEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, Diced, Cooked, IQF, #17	12 pound(s) + 8 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Salsa, Mild, Bulk, #269	3 quart(s)
Pimentos, Diced, Canned, #276	28 ounce(s) + 12 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s)
Tortilla, Soft Flour, Briggs, #59	100 tortilla(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	6 1/4 pound(s)

**DIRECTIONS**

- Place chicken in braising pan or steam-jacketed kettle and heat. Sprinkle with Southwest spice blend and mix in salsa and cook for five minutes. Add pimento and mix well.
- Place onions and green peppers on top of chicken mixture. Stir mixture and heat thoroughly.
- Place chicken mixture in steamtable pans and hold for service. Do not overheat the product.
- Warm tortillas in oven or according to package directions.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion 1 ounce of cheese in container. Portion 1 ounce of salsa in container.
- Assemble on line by portioning 1/2 cup of mixture on top of warmed tortilla. Offer students cheese and salsa portions.
- Portion one filled fajita with cheese and salsa per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, and 1/8 cup of red/orange vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Do not over heat the product.

Adjust seasoning for students in younger grades.

Use commodity products when available.

**MISCELLANEOUS NOTES**

This recipe uses the purchased fajita chicken strips. Please notice that the amount of chicken used and the nutritional analysis is different than recipe "MRS527-Chicken Fajitas (Commodity)" (which uses commodity fajita chicken strips) and "MRS 528-Chicken Fajita (Purchased)" (which uses purchased fajita chicken strips).

# CHICKEN FAJITAS(DICED)

## NUTRIENTS PER SERVING

Calories	284	Dietary Fiber	3.39 g	Sodium	783.24 mg	Sat. Fat	5.08 g
Carbohydrates	20.33 g	Protein	26.71 g	Total Fat	10.10 g	Trans Fat	0.00 g

# CHICKEN FAJITAS(DICED)

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN FAJITAS (DICED)

1.



Chicken mixture in a steamtable pan

2.



One serving of Chicken Fajita with salsa and cheese



# CHICKEN NACHOS

**MEAL COMPONENT CONTRIBUTION:**

3 oz. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup red/orange vegetable, 1/8 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Strips, Fajita, Frozen	12 pound(s) + 11 ounce(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	4 pound(s)
Salad Mix, Green, Iceberg, Etc. #607	2 pound(s) + 12 ounce(s)
Cheese, American, Grated/Shredded, #60	3 pound(s) + 2 ounce(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s) + 2 ounce(s)
Salsa, Mild, Bulk, #269	3/4 gallon(s)
Chips, Tortilla, Light Salt, Bulk, #228	6 pound(s) + 4 ounce(s)

**DIRECTIONS**

- Steam chicken for 15 minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Drain chicken and place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Wash tomatoes, drain, and dice. Combine tomatoes and shredded lettuce and portion 1/4 cup in container.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .
- Mix cheeses and portion 1 ounce of cheese in container.
- Portion 2 ounces of salsa in container.
- Portion 1 ounce of chips (9 to 10 chips) in bottom of container. Top with 2 ounces of cooked chicken and 1 ounce of cheese mixture. Serve lettuce and tomato mixture and salsa as choices for students to select.
- One portion nachos with cheese and salsa provides 3 oz. of meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup red/orange vegetable, and 1/8 cup other vegetable.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	305	Dietary Fiber	3.37 g	Sodium	994.46 mg	Sat. Fat	6.71 g
Carbohydrates	22.88 g	Protein	20.18 g	Total Fat	14.79 g	Trans Fat	0.00 g

# CHICKEN NUGGETS (BAKED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 5 nuggets

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Nuggets, Breaded, #14	500 piece(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

**DIRECTIONS**

- Preheat oven.
- Count out number of frozen chicken nuggets needed to provide 5 nuggets per portion.
- Place frozen chicken nuggets on lined sheet pan (18" x 26" x 1") coated with food release spray.
- Bake according to package and/or case directions.  
 CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven and cover pans with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 5 chicken nuggets per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

**PRODUCTION NOTES**

Prepare in batches to maintain quality.

**NUTRIENTS PER SERVING**

Calories	210	Dietary Fiber	2.00 g	Sodium	410.00 mg	Sat. Fat	1.86 g
Carbohydrates	13.00 g	Protein	17.00 g	Total Fat	10.04 g	Trans Fat	0.00 g

# CHICKEN NUGGETS (FRIED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 5 nuggets

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Nuggets, Breaded, #14	500 piece(s)

**DIRECTIONS**

- Count out number of frozen chicken nuggets needed to provide 5 nuggets per portion.
- Fry according to package and/or case directions.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place fried nuggets in steamable pans and cover pans with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 5 chicken nuggets per serving. Each portion provides 2 oz. eq. of meat/meat alternate and 1 oz. eq. of whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Prepare in batches to maintain quality.

**NUTRIENTS PER SERVING**

Calories	257	Dietary Fiber	2.00 g	Sodium	410.00 mg	Sat. Fat	2.39 g
Carbohydrates	13.00 g	Protein	17.00 g	Total Fat	14.86 g	Trans Fat	0.00 g

# CHICKEN PARMESAN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 1/2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 patty**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Fillets, Grilled, #16	100 fillet(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3 cup(s)
Flour, Whole Wheat, #360	3 pound(s)
Onion Powder, #326	1 1/2 teaspoon(s)
Garlic Powder, #331	1 1/2 teaspoon(s)
Pepper, Black, Ground, #336	1 1/2 teaspoon(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Sauce, Spaghetti, No Meat, #270	1 3/4 quart(s)
Cheese, Mozzarella, Shredded, #58	3 1/2 pound(s)

**DIRECTIONS**

- Defrost patties overnight in refrigerator.
- Spray pans with pan release spray. Brush chicken patties with low fat mayonnaise. Set aside.
- Combine flour, pepper, onion powder, garlic powder, and parmesan cheese into a deep pan for coating chicken patties.
- Line sheet pans with a pan liner. Spray lined pan with pan release spray.
- Coat chicken patty with flour mixture.
- Arrange chicken patties on lined sheets pans. Spray patties with food release prior to baking to help absorb the flour and promote even browning.
- To bake:  
 Conventional oven: 400 degrees F, 20-25 minutes.  
 Convection oven: 350 degrees F, 15 - 25 minutes.  
 Combi oven: 325 degrees F, 15 - 20 minutes on combi mode/crisp.  
 Bake until golden brown.  
 CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven and garnish with a small amount of spaghetti sauce (about #40 scoop for 2 chicken patties) and sprinkle with mozzarella cheese. Transfer to steamtable pans ( 12 X 20" X 2 1/2" ) for serving. Cover and store in warmer until ready for service.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F until ready for service. Check temperature every 30 minutes.
- Portion one patty for serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

# CHICKEN PARMESAN

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased chicken pieces, refer to the Food Buying Guide for component contributions. Nutrient analysis will need to be recalculated if using purchased chicken pieces.

**NUTRIENTS PER SERVING**

Calories	262	Dietary Fiber	2.62 g	Sodium	662.17 mg	Sat. Fat	3.13 g
Carbohydrates	15.77 g	Protein	25.61 g	Total Fat	9.25 g	Trans Fat	0.00 g

# CHICKEN PARMESAN

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN PARMESAN

1.



Adding a half of a #40 scoop of spaghetti sauce on each chicken patties.

2.



Sprinkling mozzarella cheese on top of chicken patties.

# CHICKEN QUESADILLA (BRIGGS)

## MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 60 **SIZE OF PORTION:** 1 quesadilla

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 60 SERVINGS)
Salsa, Mild, Bulk, #269	1/2 gallon(s)
Chicken, Diced, Cooked, IQF, #17	8 pound(s)
Water, Municipal, Mississippi	2 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Tortilla, Soft Flour, Briggs, #59	60 tortilla(s)
Cheese, Mozzarella, Shredded, #58	2 pound(s)
Salsa, Mild, Bulk, #269	2 quart(s)

## DIRECTIONS

- Thaw chicken overnight in refrigerator. Mix salsa and chicken together. Steam for 30 minutes. Omit water if you use the steamer.
- If cooking in braising pan, add 2 cups of water for every 60 servings of chicken.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Spray a 18" x 24" sheet pan with pan release spray.
- Place 15 tortillas on pan.
- Place 4 ounces of meat using a #16 scoop on each tortilla.
- Sprinkle 1 ounce of cheese over meat mixture on each tortilla.
- Place another tortilla on top of mixture. Cut each quesadilla in half.
- Spray tops of tortillas with cooking spray.
- Bake at 350 degrees F for 10 minutes or until cheese melts.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion 1 ounce of salsa into container.  
Offer students salsa for selection.
- Portion 1 half of a quesadilla with salsa per serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate, 1 1/4 oz. eq. whole grains, and 1/8 cup red/orange vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	266	Dietary Fiber	3.60 g	Sodium	732.77 mg	Sat. Fat	3.00 g
Carbohydrates	24.80 g	Protein	25.99 g	Total Fat	6.85 g	Trans Fat	0.00 g

# CHICKEN QUESADILLA (BRIGGS)

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN QUESADILLA (BRIGGS)

1.



Salsa and chicken mixed together

2.



#16 scoop of chicken mixture on each tortilla

3.



1 ounce of cheese sprinkled over meat/salsa mixture

4.



1 serving of a Chicken Quesadilla with Salsa



# CHICKEN QUESADILLAS (MERCHANTS)

## MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate, 1 3/4 oz. eq. whole grains, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 60 **SIZE OF PORTION:** 1 quesadilla

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 60 SERVINGS)
Salsa, Mild, Bulk, #269	1/2 gallon(s)
Chicken, Diced, Cooked, IQF, #17	8 pound(s)
Water, Municipal, Mississippi	2 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Tortilla, Soft Flour, Merchants, #59	60 tortilla(s)
Cheese, Mozzarella, Shredded, #58	2 pound(s)
Salsa, Mild, Bulk, #269	2 quart(s)

## DIRECTIONS

- Thaw chicken overnight in refrigerator. Mix salsa and chicken together. Steam for 30 minutes. Omit water if you use the steamer
- If cooking in braising pan, add two (2) cups of water for every 60 servings of chicken.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Spray a 18" x 24" sheet pan with pan release spray.
- Place 15 tortillas on pan.
- Place 4 ounces of meat using a #16 scoop on each tortilla.
- Sprinkle 1 ounce of cheese over meat mixture on each tortilla.
- Place another tortilla on top of mixture. Cut each quesadilla in half.
- Spray tops of tortillas with cooking spray.
- Bake at 350 degrees F for 10 minutes or until cheese melts.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion 1 ounce of salsa into container.  
Offer students salsa for selection.
- Portion 1 half of a quesadilla with salsa per serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate, 1 3/4 oz. eq. whole grains, and 1/8 cup red/orange vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	286	Dietary Fiber	3.60 g	Sodium	722.77 mg	Sat. Fat	3.00 g
Carbohydrates	28.80 g	Protein	26.99 g	Total Fat	6.85 g	Trans Fat	0.00 g

# CHICKEN QUESADILLAS (MERCHANTS)

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN QUESADILLA (MERCHANTS)

1.



Salsa and chicken mixed together

2.



#16 scoop of chicken mixture on each tortilla

3.



1 ounce of cheese sprinkled over meat/salsa mixture

4.



1 serving of a Chicken Quesadilla with Salsa

# CHICKEN SPAGHETTI



MEAT/MEAT ALTERNATE : WHOLE GRAINS

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 3/4 cup

**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pasta, Spaghetti, WGR, #297	9 pound(s) + 8 ounce(s)
Onions, Frozen, Chopped, #72	4 cup(s)
Peppers, Green, Diced, Frozen, #75	4 cup(s)
Broth, Chicken, Low Sodium, #350	3 #3 can(s)
Soup, Cream of Chicken, Low Sodium, #352	5 50 ounce can(s)
Chicken, Diced, Cooked, IQF, #17	12 pound(s) + 8 ounce(s)
Pimentos, Diced, Canned, #276	1 cup(s)
Water, Municipal, Mississippi	1 gallon(s)
Cheese, American, Grated/Shredded, #60	8 ounce(s)

**DIRECTIONS**

- Break spaghetti into 2" pieces. Set aside.
- Cook diced onions and diced green pepper with the chicken broth.
- Add spaghetti noodles to broth and cook until al-dente (cooked just long enough to be still firm, and not too soft). Drain spaghetti noodles, but reserve broth. Set spaghetti noodles aside until step 4.
- Combine chicken, cream of chicken soup, and pimento with spaghetti noodles. For each 100 servings, add enough water to reserved broth from step 3 to measure 1 gallon and mix with chicken mixture until thoroughly blended. Pour mixture into steamtable pans (12" x 20" x 4"). For 100 servings, use 2 steamtable pans.
- To bake:  
 Conventional oven: 350 degrees F, approximately 25 - 35 minutes.  
 Convection oven: 350 degrees F, approximately 25 minutes.  
 CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Garnish with cheese. Allow cheese to melt before serving. Cover and place in warmer until ready for service.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion a 6 ounce spoodle (2/3 cup) or cut each pan 5 x 5 and serve with spatula for one serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	302	Dietary Fiber	3.13 g	Sodium	446.57 mg	Sat. Fat	1.74 g
Carbohydrates	38.57 g	Protein	25.19 g	Total Fat	5.31 g	Trans Fat	0.00 g

# CHICKEN SPAGHETTI

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN SPAGHETTI

1.



Chicken mixture in a steamtable pan

2.



Melted cheese on the cooked Chicken Spaghetti

3.



One serving of Chicken Spaghetti

# CHICKEN STIR-FRY OVER RICE

## MEAL COMPONENT CONTRIBUTION:

2 oz. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup other vegetables

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 cup of chicken stir fry and 1/2 cup of rice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	6 pound(s)
Water, Hot, Municipal	1 1/4 gallon(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)
Cornstarch, #377	1 3/4 cup(s)
Sauce, Soy, Light, Reduced Sodium, #288	2 cup(s)
Garlic Powder, #331	3/8 cup(s)
Pepper, White, Ground, #337	1 tablespoon(s) + 1 teaspoon(s)
Base, Chicken, Low Sodium, #348	8 ounce(s)
Water, Boiling, Municipal	2 quart(s)
Juice, Orange, #107	2 carton(s)
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #409	1 1/2 quart(s)
Lemon Juice, Canned/Bottled, #398	1 cup(s)
Oil, Liquid for Fryer, #396	2 cup(s)
Onions, Frozen, Chopped, #72	1 quart(s)
Chicken, Diced, Cooked, IQF, #17	18 pound(s)
Vegetables, California Blend, Frozen, #78	19 pound(s)

## DIRECTIONS

- To prepare rice:
  - Place brown rice in a steamtable pan. Add 1 1/4 gallons of hot water to each pan.
  - Add salt to each pan and mix until well combined.
  - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
  - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

- Dissolve cornstarch in soy sauce. Add garlic powder and white pepper.
- Bring 2 quarts of water to a boil then add chicken base. Stir until the chicken base dissolves. Slowly stir in cornstarch mixture. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, or until thickened. Remove from heat, but keep warm until used.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

# CHICKEN STIR-FRY OVER RICE

## DIRECTIONS

4. Sauté onion in oil for 4 minutes.  
Add diced chicken, cook for 5 more minutes. (Batch cook. Prepare no more than 50 portions per batch.)
5. Add California blend vegetables and cook for 3-5 minutes.  
Add sauce and mix to coat chicken and vegetables with sauce. Heat to serving temperature.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
6. Portion 1 cup (8 ounce ladle or 2 #8 scoops) chicken mixture over 1/2 cup rice (# 8 scoop) for each serving.  
One portion of chicken and rice provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/2 cup other vegetables.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	331	Dietary Fiber	3.06 g	Sodium	340.41 mg	Sat. Fat	1.61 g
Carbohydrates	32.58 g	Protein	30.58 g	Total Fat	8.70 g	Trans Fat	0.00 g

# CHICKEN STIR-FRY OVER RICE

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN STIR-FRY OVER RICE

1.



Thickened cornstarch and chicken stock mixture

2.



Sauce combined with chicken and vegetables

3.



One serving of Chicken Stir Fry over Rice

# CHICKEN TENDERS (BAKED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 3 tenders

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Breast Tenders, Breaded, #13	300 tender(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

**DIRECTIONS**

- Count out number of frozen chicken tenders needed to provide 2 ounce equivalents of meat/meat alternate for number of servings needed.
- Place frozen chicken tenders on sheet pans (18" x 26" x 1") coated with pan release spray or lined with parchment paper.
- Bake according to package directions.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.
- Portion 3 tenders per serving . Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

**PRODUCTION NOTES**

Prepare in batches to maintain quality.

**NUTRIENTS PER SERVING**

Calories	260	Dietary Fiber	3.00 g	Sodium	679.99 mg	Sat. Fat	2.00 g
Carbohydrates	18.00 g	Protein	22.00 g	Total Fat	11.00 g	Trans Fat	0.00 g



# CHICKEN TENDERS (FRIED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 3 tenders

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Breast Tenders, Breaded, #13	100 tender(s)

**DIRECTIONS**

- Count out number of frozen chicken tenders needed to provide 2 ounce equivalents of meat/meat alternate for number of servings needed.
- Fry according to package directions.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place fried chicken tenders in steamtable pans and cover pans with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 3 tenders per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	311	Dietary Fiber	3.00 g	Sodium	679.99 mg	Sat. Fat	2.52 g
Carbohydrates	18.00 g	Protein	22.00 g	Total Fat	16.12 g	Trans Fat	0.00 g

# CHICKEN TETRAZZINI

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 6 ounces**RECIPE HACCP PROCESS:** #2 - Same day serviceMEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Municipal, Mississippi	6 gallon(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)
Pasta, Spaghetti, WGR, #297	9 pound(s) + 8 ounce(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Onions, Yellow, Diced 1/4", Raw, #610	3 pound(s)
Carrots, Fresh, Raw, Shredded, #601	1 pound(s)
Celery, Fresh, Diced, #604	1 pound(s)
Bell Peppers, Green, Whole, Fresh, #641	12 ounce(s)
Milk, Reduced Fat, 2% Milkfat, Bulk	1 3/4 gallon(s)
Soup, Cream of Chicken, Low Sodium, #352	2 quart(s)
Salt, Table, #343	1 teaspoon(s)
Mustard, Powder, Dry, #332	1 teaspoon(s)
Pepper, White, Ground, #337	1 tablespoon(s) + 1 teaspoon(s)
Garlic Powder, #331	1 teaspoon(s)
Parsley, Dried, Chopped, #316	1/4 cup(s)
Pimentos, Diced, Canned, #276	1 pound(s)
Chicken, Diced, Cooked, IQF, #17	12 pound(s) + 8 ounce(s)
Cheese, American, Grated/Shredded, #60	12 ounce(s)
Cheese, Mozzarella, Shredded, #58	12 ounce(s)

**DIRECTIONS**

- Boil water and salt in a steam-jacketed kettle or stock pot, then add spaghetti. Cook until al-dente (cooked just long enough to be still firm, and not too soft) for 10-12 minutes. Drain off liquid.
- Spray steam-jacketed kettle or large saucepan with pan release spray.
- Mix the onions, carrots, celery and bell peppers and add them to the steam-jacketed kettle or large saucepan. Sauté or steam vegetable mix, stirring frequently until tender.
- Add milk, cream of chicken soup, salt, dry mustard, white pepper, garlic powder, parsley, and pimento and stir until well blended. Cook for 3 minutes or till heated thoroughly.
- In each steamtable pan (12" x 20" x 2 1/2"), combine 3 pounds and 12 ounces (3 quarts) of cooked spaghetti, 3 pounds and 2 ounces (3 quarts) of cooked diced chicken, 3 quarts and 1 cup of cooked vegetables/sauce mixture. Mix all the ingredients together. For 100 servings, use 4 steamtable pans.

# CHICKEN TETRAZZINI

## DIRECTIONS

6. To bake:  
 Conventional oven: 350 degrees F, 40 minutes.  
 Convection oven: 350 degrees F, 30 minutes.  
 Bake until the top is golden brown.  
 CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
7. Sprinkle 3 ounces of each cheese on top of each pan. Allow cheese to melt before serving.
8. Cut each full-size steamtable pan 5x5 to portion 25 servings per pan. Serve immediately or cover and place in warmer until ready for service.  
 Portion one square per serving. Each portion provides 2 oz. eq. of meat/meat alternate, 1 oz. eq. of whole grain, and 1/4 cup of other vegetable.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## PRODUCTION NOTES

Use commodity products when available.

## SERVING NOTES

Garnish with parsley sprigs and lemon twists for added eye appeal.

## NUTRIENTS PER SERVING

Calories	318	Dietary Fiber	3.20 g	Sodium	330.73 mg	Sat. Fat	2.71 g
Carbohydrates	38.32 g	Protein	27.47 g	Total Fat	6.32 g	Trans Fat	0.00 g

# CHICKEN TETRAZZINI

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN TETRAZZINI

1.



All ingredients mixed together in the steamtable pan.

2.



One serving of Chicken Tetrazzini

# SOUTHERN FRIED CHICKEN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s), ready to cook
Flour, All Purpose, Enriched, #358	1 pound(s) + 8 ounce(s)
Salt, Table, #343	3 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Paprika, Ground, Domestic, #335	1 tablespoon(s) + 1 teaspoon(s)

**DIRECTIONS**

1. Thaw chicken in refrigerator.
2. Combine flour, salt, pepper, and paprika.
3. Heat vegetable oil in deep-fat fryer to 325 degrees F.
4. Dredge chicken in seasoned flour. Shake off excess flour. Discard any excess flour.
5. Place chicken in deep-fat fryer, then place cover over fryer. Cook similar cuts of chicken at same time. Cooking time ranges from 15 -25 minutes depending on size of piece.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
6. Transfer to steamtable pans for serving. If the chicken will be stored until time for service, cover with aluminum foil and cut holes in aluminum foil. Place the steamtable pans in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
7. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back per serving. Each portion provides 2 oz. eq. meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased chicken, use the USDA FNS Food Buying Guide for Child Nutrition Programs to calculate menu contribution information.

**NUTRIENTS PER SERVING**

Calories	162	Dietary Fiber	0.23 g	Sodium	262.62 mg	Sat. Fat	1.47 g
Carbohydrates	5.28 g	Protein	17.62 g	Total Fat	7.04 g	Trans Fat	0.00 g

# BBQ CHICKEN HAWAIIAN



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Cut, Frozen, Commodity	40 pound(s)
Sauce, BBQ, Hickory Smoke, #287	3 quart(s)
Pineapple, Canned, Tidbits in Juice, #242	3 quart(s)

**DIRECTIONS**

1. Thaw chicken in refrigerator.
2. Arrange chicken in a single layer on parchment paper lined sheet pans (18" x 26" x 1").
3. Portion 1 ounce of BBQ Sauce on each chicken. Top with 1 ounce of pineapple.
4. Bake uncovered until tender, checking frequently:  
Conventional Oven: 425 degrees F, 50 minutes.  
Convection Oven: 350 degrees F, 45 minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Transfer to steamtable pans (12" x 20" x 2 1/2") for serving. If the chicken will be stored until time for service, cover with aluminum foil and cut holes in aluminum foil. Place the steamtable pans in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back per serving. Each portion provides of 2 oz. eq. meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

If using purchased chicken, use the USDA FNS Food Buying Guide for Child Nutrition Programs to calculate menu contribution information.

**NUTRIENTS PER SERVING**

Calories	167	Dietary Fiber	0.24 g	Sodium	426.59 mg	Sat. Fat	1.19 g
Carbohydrates	14.54 g	Protein	451.20 g	Total Fat	4.35 g	Trans Fat	0.00 g

# HUNTINGTON CHICKEN

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 3/4 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Onions, Frozen, Chopped, #72	2 cup(s)
Celery, Fresh, Diced, #604	2 cup(s)
Bell Peppers, Green, Whole, Fresh, #641	2 cup(s), chopped
Pasta, Egg Noodle, Medium, #296	5 pound(s)
Broth, Chicken, Low Sodium, #350	3 gallon(s)
Chicken, Diced, Cooked, IQF, #17	12 pound(s) + 12 ounce(s)
Soup, Cream of Mushroom, Low Sodium, #353	2 50 ounce can(s)
Soup, Cream of Chicken, Low Sodium, #352	2 50 ounce can(s)
Soup, Cream of Celery, #351	2 50 ounce can(s)
Pepper, Black, Ground, #336	1/8 cup(s)
Pimentos, Diced, Canned, #276	1 cup(s)
Cheese, American, Grated/Shredded, #60	12 ounce(s)

**DIRECTIONS**

1. Cook onions, celery, green peppers, and egg noodles in chicken broth until noodles are tender about 7 to 10 minutes. Drain noodle mixture.
2. Mix chicken, soups, black pepper, pimento, and American cheese with drained noodles.
3. Pour mixture into steamtable pans (12" x 20" x 4"). For 100 servings, use 2 steamtable pans.
4. To bake:  
Conventional oven: 350 degrees F, approximately 25 - 35 minutes.  
Convection oven: 350 degrees F, approximately 25 minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Garnish each pan with 6 ounces of cheese. Allow cheese to melt before serving. Cover and place in warmer until ready for service.  
Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Portion with 6 ounce spoodle (3/4 cup) per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

**SERVING NOTES**

This recipe may be garnished with green pepper rings, parsley sprigs, or extra pimento pieces to increase eye appeal.

# HUNTINGTON CHICKEN

## NUTRIENTS PER SERVING

Calories	281	Dietary Fiber	2.70 g	Sodium	889.31 mg	Sat. Fat	3.83 g
Carbohydrates	24.49 g	Protein	26.33 g	Total Fat	0.90 g	Trans Fat	0.00 g



# HUNTINGTON CHICKEN

## ILLUSTRATED STEPS FOR PREPARATION OF HUNTINGTON CHICKEN

1.



Chicken mixture poured into steamtable pans

2.



Sprinkling cheese over cooked chicken mixture

3.



One serving of Huntington Chicken

# CHICKEN AND HAM LOADED BAKED POTATO

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1/4 cup dark green vegetable, 3/4 cup starchy vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 potato

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (DARK GREEN) :  
VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 5-7 Oz., #627	100 medium potato(es)
Broccoli, Frozen, Chopped, #64	10 pound(s) + 8 ounce(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 4 ounce(s)
Turkey Ham, Diced, Frozen, #22	4 pound(s)
Cheese, American, Grated/Shredded, #60	3 pound(s) + 2 ounce(s)
Sour Cream, PC, #84	100 PC pack(s)

## DIRECTIONS

- POTATO BAKING INSTRUCTIONS:**  
Wash potatoes thoroughly. Scrub with a vegetable brush.
- Baking methods:**  
To steam:  
Place in perforated baking pans and steam until done, approximately 1 hour and 15 minutes.  
To bake:  
Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400 degrees F for 1 hour and 30 minutes.  
CCP: Internal temperature must reach 140 degrees F or higher for 15 seconds.
- COOKING METHODS FOR BROCCOLI:**  
To steam broccoli:
  - Place frozen broccoli in steamtable pans.
  - Steam for 2-3 minutes. (If using solid steamtable pans, additional cooking may be required.)
 To boil broccoli:
  - Bring water to a boil. (For 100 servings, use 1-3 quarts of water.)
  - Add frozen broccoli and cook for 10-12 minutes.
 CCP: Internal temperature must reach 140 degrees F or higher for 15 seconds.
- Combine diced chicken and diced turkey-ham in a steamtable pan and steam for 15 minutes. Drain any liquids.
- Combine diced chicken, diced turkey-ham, and grated cheese. Weigh 2 ounces to determine the amount for each potato. Cover and keep warm until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- SERVING OF LOADED BAKED POTATO:**  
Slice potato in half without completely dividing. Place in potato boat.
- Serve a 2 ounce portion of meat and cheese on top of potato or place on line for self service.  
Using a 2 ounce spoodle or a #16 scoop top with 1/4 cup of broccoli.  
Serve 1 PC of sour cream on the side.

# CHICKEN AND HAM LOADED BAKED POTATO

## DIRECTIONS

8. Portion 1 potato with meat, cheese, broccoli and sour cream for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 3/4 cup of starchy vegetable, and 1/4 cup of dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

## PRODUCTION NOTES

Use commodity products when available.

## MISCELLANEOUS NOTES

Leftover assembled baked potatoes should be discarded.

Any leftover unassembled baked potatoes could be used for soup, potato salad, or quick baked potatoes.

## NUTRIENTS PER SERVING

Calories	347	Dietary Fiber	5.23 g	Sodium	430.16 mg	Sat. Fat	6.91 g
Carbohydrates	40.66 g	Protein	20.82 g	Total Fat	12.32 g	Trans Fat	0.00 g

# FAJITA CHICKEN LOADED BAKED POTATO

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 3/4 cup starchy vegetable, 1/8 cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 potato

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER) : VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 5-7 Oz., #627	100 medium potato(es)
Chicken Strips, Fajita, Frozen	12 pound(s) + 8 ounce(s)
Bell Peppers, Green, Whole, Fresh, #641	2 pound(s) + 8 ounce(s)
Peppers, Sweet, Red, Raw	3 pound(s)
Onions, Frozen, Chopped, #72	2 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Sauce, Cheese, Nacho Flavor, Bulk, #293	2 #10 can(s)

## DIRECTIONS

- POTATO BAKING INSTRUCTIONS:**  
Wash potatoes thoroughly. Scrub with a vegetable brush.
- Baking methods:**  
To steam:  
Place in perforated baking pans and steam until done, approximately 1 hour and 15 minutes.  
To bake:  
Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400 degrees F for 1 hour and 30 minutes.  
CCP: Internal temperature must reach 140 degrees F or higher for 15 seconds.
- Heat chicken according to package and/or case directions.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Sauté or steam peppers and onions until crispy tender. If sautéed, spray cooking surface with pan release spray.
- Open cans of cheese sauce and heat sauce until warm.  
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of cooking process.
- SERVING OF LOADED BAKED POTATO:**  
Slice potato in half without completely dividing. Place in potato boat.
- Add 2 ounce portion of chicken, 1/4 cup portion of pepper and onion mixture, and top with 2 ounces of nacho cheese sauce.
- Cover and place in warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
- Portion 1 potato, meat, and vegetables per serving. Each portion provides 2 oz. eq. meat/meat alternate, 3/4 cup starchy vegetable, and 1/8 cup other vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any assembled leftovers.

# FAJITA CHICKEN LOADED BAKED POTATO

## PRODUCTION NOTES

Use commodity products when available.

## MISCELLANEOUS NOTES

Leftover assembled baked potatoes should be discarded.

Any leftover unassembled baked potatoes could be used for soup, potato salad, or quick baked potatoes.

## NUTRIENTS PER SERVING

Calories	312	Dietary Fiber	4.46 g	Sodium	969.57 mg	Sat. Fat	1.03 g
Carbohydrates	45.43 g	Protein	16.32 g	Total Fat	7.97 g	Trans Fat	0.00 g

# FAJITA CHICKEN LOADED BAKED POTATO

## ILLUSTRATED STEPS FOR PREPARATION OF FAJITA CHICKEN LOADED BAKED POTATO

1.



Adding onion and pepper mixture to baked potato

2.



One serving of Loaded Chicken Fajita Baked Potato

# RANCH PARMESAN PASTA CHICKEN

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 110 **SIZE OF PORTION:** 1 cup

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(DARK GREEN) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 110 SERVINGS)
Dressing, Ranch, Dry Mix, #201	9 ounce(s)
Milk, Lowfat, Unflavored, 1% Milk Fat, #3	1 gallon(s) + 1 cup(s)
Cheese, Cream, (Lite Neufchatel), #90	5 pound(s) + 9 ounce(s)
Cheese, Parmesan, Grated, #85	3 cup(s)
Pasta, Spiral, WGR, #298	6 pound(s) + 10 ounce(s)
Broccoli, Fresh Florets, #600	6 quart(s)
Carrots, Raw, Mini, Peeled, #602	5 1/2 quart(s), diced
Chicken, Diced, Cooked, IQF, #17	13 pound(s) + 4 ounce(s)

## DIRECTIONS

- In saucepan, combine dry salad dressing mix with milk and cream cheese. Heat over medium heat and stir until cream cheese is melted.
- Add parmesan cheese to sauce mixture and stir. Heat until melted.
- Cook pasta in a separate pot according to package directions to al-dente (cooked just long enough to be still firm, and not too soft). Do not overcook.  
Drain and hold for step 6.
- Steam broccoli and fresh carrots for about 5 minutes, drain.
- Steam chicken 10 minutes, drain and add to sauce mixture.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Combine cooked pasta, vegetables, chicken mixture, and cheese sauce and place in steamtable pans (12" x 20" x 2 1/2"). Hold until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 cup (2 #8 scoops) per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup of dark green vegetable and 1/8 cup of red/orange vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower

## PRODUCTION NOTES

Do not overcook spiral pasta. This increases the volume.  
Use commodity products when available.

## SERVING NOTES

Omit chicken for a vegetarian selection. Nutrition information and crediting will need to be re-calculated if ingredients are altered.

# RANCH PARMESAN PASTA CHICKEN

## NUTRIENTS PER SERVING

Calories	292	Dietary Fiber	3.26 g	Sodium	548.14 mg	Sat. Fat	4.67 g
Carbohydrates	28.71 g	Protein	25.43 g	Total Fat	8.95 g	Trans Fat	0.00 g



# RANCH PARMESAN PASTA CHICKEN

## ILLUSTRATED STEPS FOR PREPARATION OF RANCH PARMESAN PASTA CHICKEN

1.



Adding chicken to pasta and vegetables

2.



Mixing pasta, vegetables, chicken mixture, and cheese sauce

# CHICKEN EGG ROLL

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 egg roll

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Egg Roll, Chicken, #92	50 egg roll(s)

**DIRECTIONS**

- Bake egg rolls according to package and/or case directions.  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place egg rolls in steamtable pans. Loosely cover with foil or punch holes in aluminum foil to prevent product from becoming soggy.
- Portion 1 egg roll per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup of vegetables.  
Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	223	Dietary Fiber	5.00 g	Sodium	364.00 mg	Sat. Fat	1.20 g
Carbohydrates	25.00 g	Protein	22.00 g	Total Fat	5.00 g	Trans Fat	0.00 g

# SLICED TURKEY WITH GRAVY

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Turkey Roast, Light & Dark Meat, #551	19 pound(s) + 8 ounce(s)
Gravy Mix, Brown, #356	2 package(s)
Water, Hot, Municipal	2 gallon(s)

**DIRECTIONS**

1. Thaw turkey under refrigeration (41 degrees F or lower).
2. Place roast on aluminum foil and wrap very tightly. Place in baking pan .
3. Bake for 4 hours at 350 degrees F in convection oven or until roast reaches desired temperature.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Slice turkey and weigh out a 2 ounce serving to determine portion size.
5. Slice remaining turkey and place in steamtable pans. Cover with aluminum foil and place in warmer until service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Prepare brown gravy according to package directions.
7. Portion brown gravy with a 2 ounce ladle over a 2 ounce serving of turkey . Each portion provides 2 oz. eq. meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	152	Dietary Fiber	0.00 g	Sodium	967.01 mg	Sat. Fat	2.23 g
Carbohydrates	5.18 g	Protein	17.37 g	Total Fat	6.18 g	Trans Fat	0.00 g

**CHILI BLANCO****MEAL COMPONENT CONTRIBUTION:**

1 1/2 oz. eq. meat/meat alternate, 1/2 cup bean/pea vegetables

**NUMBER OF PORTIONS:** 64 **SIZE OF PORTION:** 1 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 64 SERVINGS)
Beans, Great Northern White	4 #10 can(s)
Broth, Chicken, Low Sodium, #350	2 1/4 gallon(s)
Garlic Powder, #331	1/4 cup(s) + 1 tablespoon(s)
Onions, Frozen, Chopped, #72	3 pound(s)
Oil, Liquid for Fryer, #396	1/4 cup(s)
Cumin Seed, Ground, #319	3 tablespoon(s)
Oregano, Crushed, Dry, #334	2 tablespoon(s) + 2 teaspoon(s)
Pepper, Red or Cayenne, Ground, #338	1 teaspoon(s)
Chicken, Diced, Cooked, IQF, #17	4 pound(s)
Cornstarch, #377	3/4 cup(s)
Water, Municipal, Mississippi	1 1/2 cup(s)
Cheese, Mozzarella, Shredded, #58	2 pound(s)

**DIRECTIONS**

1. Drain and rinse beans.
2. Combine beans, broth, garlic powder and half of the onions in kettle or large stock pot.
3. Combine cumin, oregano, cayenne pepper and chicken. Mix well and add to beans.
4. Cover and simmer 1 hour.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Pour into serving pans. Serve immediately or cover and place in the warmer until ready for service.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Portion 1 cup of soup in bowls topped with 1/2 ounce of grated cheese per serving. Each portion provides 1 1/2 oz. eq. of meat/meat alternate and 1/2 cup the beans/peas vegetable.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	249	Dietary Fiber	9.58 g	Sodium	778.79 mg	Sat. Fat	1.81 g
Carbohydrates	30.17 g	Protein	24.93 g	Total Fat	3.95 g	Trans Fat	0.00 g