

Cookbook for Marion Community Schools

Created by HPS Menu Planner

Table of Contents

POPCORN CHICKEN

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Servings:	1.00
Serving Size:	4.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

CHICKEN

Nutrition Information

Calories	620.00	Protein	30.00g
Fat	17.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	25.00mg
Carbohydrates	85.00g	Fiber	12.00g
Sugar	27.00g	Sodium	920.00mg
Iron	2.35mg	Vitamin C	42.04mg
Vitamin A	1601.90IU	Calcium	107.08mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
11 Each	327120	CHIX POPCORN BRD WGRAIN FC .28Z 4-8	
1 Each	152131	DOUGH ROLL DNNR WGRAIN 180- 2.1Z RICH	
33/50 Ounce	146581	POTATO PRLS EXCEL 12-26.5Z SMART SERV	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.
2 Tablespoon	574732	GRAVY MIX CHIX LO SOD 6-32Z HHL	
1/2 Cup	249761	Pears Sliced Extra Light Sucrose	

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	518840	GREENS COLLARD CHPD 6-2# P/L	
1 Serving		Prairie Farms Skim White Milk Carton	

Preparation Instructions