

Chicken Shakers w/Rice

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Complex Food Prep

Chicken Shakers w/Rice (HS)

Nutrition Information

Calories	563.00	Protein	22.00g
Fat	18.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	81.00mg
Carbohydrates	54.00g	Fiber	5.00g
Sugar	0.00g	Sodium	487.00mg
Iron	2.72mg	Vitamin C	0.00mg
Vitamin A	167.00IU	Calcium	18.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Each	666232	CHIX POPCORN BRD WGRAIN DRK CKD 30#	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.
1/4 Cup	516371	RICE BRN PARBL WGRAIN 25 GCHC	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.
1 roll	4372	Whole Grain Dinner Roll	Ready to eat

Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

CONDIMENTS: ON THE SIDE ONLY (NOT INCLUDED IN NUTRITION'S)

SWEET CHILI SAUCE

FRANK'S HOT SAUCE

BBQ SAUCE