

General Tso's Chicken w/Rice

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

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Nutrition Information

Calories	505.00	Protein	26.00g
Fat	7.00g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	55.00mg
Carbohydrates	83.00g	Fiber	4.00g
Sugar	7.00g	Sodium	290.00mg
Iron	2.16mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Tablespoon	802850	SAUCE GEN TSO 4-.5GAL ASIAN	
3 Ounce	570533	CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	UNSPECIFIED Not currently available
1/2 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.

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.