

Mandarin Orange Chicken

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

Mandarin Orange Chicken

Nutrition Information

Calories	420.00	Protein	15.00g
Fat	4.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	40.00mg
Carbohydrates	56.00g	Fiber	2.00g
Sugar	10.00g	Sodium	280.00mg
Iron	1.44mg	Vitamin C	1.20mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 3/5 Ounce	550512	ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	
1 roll	4372	Whole Grain Dinner Roll	BAKE
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.

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.