

Build Your Own Asian Bowl

Servings:	100.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Asian rice topped with either meatballs or popcorn chicken and then topped with a sauce of choice

Nutrition Information

Calories	521.10	Protein	20.10g
Fat	13.60g	SaturatedFat	3.75g
Trans Fat	0.30g	Cholesterol	48.00mg
Carbohydrates	78.50g	Fiber	4.20g
Sugar	26.50g	Sodium	1315.30mg
Iron	2.97mg	Vitamin C	3.59mg
Vitamin A	171.03IU	Calcium	63.49mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100 Cup	244541	RICE BRN ASIAN 6-26.4Z UBEN	This is a prepared amount- Please follow package directions to prepare 100 cups of rice
500 Each	536620	CHIX PCORN LRG WGRAIN CKD 6-5	= a little over 3 bags
200 Each	785860	MEATBALL CKD .65Z 6-5 COMM	= a little over 2 bags
12 1/2 Cup	219096	SAUCE SWT & SOUR 12- 52Z GFS	
12 1/2 Cup	640183	SAUCE THAI SPCY SWT CHILI 6-.5GAL GFS	

Preparation Instructions

1. Prepare rice according to package directions in order to get 100 - 1 cup servings
2. Prepare both meatballs and popcorn chicken according to directions on package

To assemble bowls:

1. Place 1 cup of asian rice on bottom
2. Student chooses from either 10 popcorn chicken or 4 meatballs
3. Student chooses from either sauce (2 oz serving or #16 scoop)