

Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL

Created by HPS Menu Planner

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Orange Chicken with Rice and Eggroll

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Orange Chicken with Rice and Eggroll

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25952

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6- 7.2	4 Ounce		791710
RICE 2-10 UBEN	1/2 Cup		427586
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service

Meal Components (SLE)

Amount Per Serving

Meat	2.05
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.50
Legumes	0.00
Starch	0.00

Turkey Club Sub Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	2 1/4 Ounce		689541
BACON TKY CKD 12-50CT JENNO	1/2 Ounce		834770
CHEESE COLBY JK SLCD 6-1.5 GCHC	1 Slice		105988
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/4 Cup		451730
TOMATO 6X6 LRG 10 MRKN	2 Slice		199001
6" Whole Grain Rich Hoagie Bun	1 Each		3744

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.63
Grain	2.25
Fruit	0.00
GreenVeg	0.13
RedVeg	0.40
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Assorted Fresh Fruit

Servings:	6.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup	2.75 oz = 1/2 cup	280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
STRAWBERRY 8 MRKN	1/2 Cup	3 oz = 1/2 cup	212768
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.68
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00