

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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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 CHIX TVP 100-3Z WIND	1		582780

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.

4. Cook egg rolls according to the baking directions on the box.

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

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

Amount Per Serving			
Calories	528.67		
Fat	4.10g		
SaturatedFat	1.03g		
Trans Fat	0.00g		
Cholesterol	46.15mg		
Sodium	395.54mg		
Carbohydrates	99.64g		
Fiber	2.05g		
Sugar	13.33g		
Protein	21.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	122.20mg	Iron	5.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Asian Vegetable Blend

Servings:	320.000	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30716

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ORIENTAL 30 GCHC	1 Package	DO NOT THAW PRIOR TO COOKING.	285720

Preparation Instructions

PRODUCT PREP:

PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLES WILL COOL THE WATER AND STOP BOILING.

BRING TO SECOND BOIL AND COOK UNTIL TENDER.

AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR.

SEASON TO TASTE.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 320.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	15.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	3.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	12.50mg	Iron	0.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes