

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

# Table of Contents

[Orange Chicken with Rice and Veggie Eggroll](#)

[Asian Vegetable Blend](#)

# Orange Chicken with Rice and Veggie Eggroll

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STIR FRY CHIX TANGR WGRAIN 6-7.2	4 Ounce	PREPARE FROM FROZEN STATE	791710
RICE 2-10 UBEN	1/2 Cup	CASE YIELDS APPROX 192-4Z (1/2 CUP) SERVINGS.	427586
EGG ROLL VEG 3Z 6-12CT MINH	1 Each		184284

## Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

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.

5. To Serve: Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce

and serve. #10 scoop (3-4oz) is recommended.

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

CHO Breakdown: Eggroll: 21g CHO

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00

<b>Amount Per Serving</b>	
<b>Calories</b>	668.67
<b>Fat</b>	8.60g
<b>SaturatedFat</b>	2.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	845.54mg
<b>Carbohydrates</b>	120.64g
<b>Fiber</b>	4.05g

<b>Sugar</b>	16.33g
<b>Protein</b>	24.56g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 152.20mg	<b>Iron</b> 7.00mg

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

# Asian Vegetable Blend

<b>Servings:</b>	320.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 320.000

Serving Size: 4.00 Ounce

#### Amount Per Serving

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

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