

# **Cookbook for Calhoun County Youth Center**

**Created by HPS Menu Planner**

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# Sweet Chili Chicken

<b>Servings:</b>	40.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56108
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	480 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE CHILI SWT THAI	80 Tablespoon		251871

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.378
<b>Grain</b>	1.189
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 10.00 Each

Amount Per Serving	
<b>Calories</b>	330.91
<b>Fat</b>	14.18g
<b>Saturated Fat</b>	3.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.82mg
<b>Sodium</b>	681.82mg
<b>Carbohydrates</b>	35.27g
<b>Fiber</b>	3.27g
<b>Total Sugar</b>	21.09g
<b>Added Sugar</b>	17.00g
<b>Protein</b>	15.27g
<b>Vitamin A</b> 118.91mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 39.27mg	<b>Iron</b> 2.38mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Thai Cucumber Salad

<b>Servings:</b>	40.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56116
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SUPER SELECT	12 1/2 Each		592323
ONION VIDALIA SWT	5 Each	thin sliced	558133
OIL SESAME PURE	20 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
JUICE LIME	1 1/4 Teaspoon		199028
GARLIC CHPD IN WTR	10 Tablespoon		321565
SUGAR BEET GRANUL	15 Teaspoon		108588
SALT KOSHER PRM	3 3/4 Teaspoon		311356
SPICE PEPR RED CRUSHED	4 Tablespoon		430196

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.469
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	95.99
<b>Fat</b>	2.55g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	72.57mg
<b>Carbohydrates</b>	18.97g
<b>Fiber</b>	1.91g
<b>Total Sugar</b>	12.24g
<b>Added Sugar</b>	1.50g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 7.54mcg**	<b>Vitamin C</b> 10.33mg**
<b>Calcium</b> 43.60mg	<b>Iron</b> 0.57mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Pineapple Fried Rice

<b>Servings:</b>	40.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56110
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Rice	6 2/5 Cup		722987
GARLIC CHPD IN WTR	8 1 Teaspoon		321565
OIL SALAD VEG SOY CLR NT	8 4/7 Tablespoon		292702
PEPPERS COLORED MIXED ASST	6 1/3 Cup		491012
PINEAPPLE CHUNKS IN JCE	31 3/10 Ounce		189952
SAUCE SOY LITE	8 4/7 Tablespoon	READY_TO_EAT	466425
HONEY	2 1/6 Tablespoon		225614
SPICE CURRY POWDER	4 2/9 Tablespoon		224804
Spices, pepper, black	2 1/6 tsp, ground		2030

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.560
<b>Fruit</b>	0.080
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.158
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	270.39
<b>Fat</b>	3.04g
<b>Saturated Fat</b>	0.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	158.72mg
<b>Carbohydrates</b>	53.44g
<b>Fiber</b>	0.45g
<b>Total Sugar</b>	4.60g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	5.54g
<b>Vitamin A</b> 633.60mcg**	<b>Vitamin C</b> 36.84mg**
<b>Calcium</b> 3.61mg	<b>Iron</b> 2.02mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	238.44
<b>Fat</b>	2.68g
<b>Saturated Fat</b>	0.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	139.97mg
<b>Carbohydrates</b>	47.12g
<b>Fiber</b>	0.39g
<b>Total Sugar</b>	4.05g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	4.88g
<b>Vitamin A</b> 558.74mcg**	<b>Vitamin C</b> 32.49mg**
<b>Calcium</b> 3.19mg	<b>Iron</b> 1.78mg

\*\*One or more nutritional components are missing from at least one item on this recipe.