

ORANGE CHICKEN WITH LO MEIN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11671
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN	2 Ounce	BLANCH Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad	529110
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.050
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		350.87	
Fat		5.70g	
SaturatedFat		1.43g	
Trans Fat*		0.00g	
Cholesterol		46.15mg	
Sodium		513.74mg	
Carbohydrates		55.24g	
Fiber		2.85g	
Sugar		13.73g	
Protein		20.36g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available