

TERIYAKI CHICKEN WITH FRIED RICE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27958
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
RICE FRIED VEG WGRAIN	1 Cup		676463

Preparation Instructions

Use a #8 scoop for rice

Meal Components (SLE)

Amount Per Serving

Meat	2.105
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		417.37	
Fat		7.76g	
SaturatedFat		1.05g	
Trans Fat*		0.00g	
Cholesterol		68.42mg	
Sodium		829.48mg	
Carbohydrates		61.37g	
Fiber		4.00g	
Sugar		10.37g	
Protein		23.89g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.53mg	Iron	1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available