

ORANGE 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-30723
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710
RICE FRIED VEG WGRAIN	4 Ounce		676463
COOKIE FORTUNE WGRAIN	1 Each		565142

Preparation Instructions

Use a # 8 scoop for the rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.035
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		389.59	
Fat		5.80g	
SaturatedFat		1.03g	
Trans Fat*		0.00g	
Cholesterol		46.15mg	
Sodium		688.05mg	
Carbohydrates		64.92g	
Fiber		4.76g	
Sugar		17.03g	
Protein		18.59g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.28mg	Iron	1.95mg

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

Nutrition - Per 100g

No 100g Conversion Available