

Lo Mein Noodles



Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11455
School:	Central Elementary School		

Ingredients

Description Measurement		Prep Instructions	DistPart #
NOODLE LO MEIN	4 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

Preparation Instructions

BLANCH

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

4 oz. spoodle

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00 Ounce

Amount Per Serving			
Calories		312.00	
Fat		3.20g	
SaturatedFat		0.80g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		248.00mg	
Carbohydrates		59.20g	
Fiber		1.60g	
Sugar		0.80g	
Protein		12.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	1.44mg

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

Nutrition - Per 100g

Calories		275.14	
Fat		2.82g	
SaturatedFat		0.71g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		218.70mg	
Carbohydrates		52.21g	
Fiber		1.41g	
Sugar		0.71g	
Protein		10.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.22mg	Iron	1.27mg

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