

Chicken, Cheese & Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32862
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP FAJT CKD	3 1/11 Ounce	Conventional oven at 375 degrees for 12-15 minutes. Cook until internal temperature reaches 165 degrees.	266310
SAUCE CHS QUESO BLANCO FZ	1 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving	722110
RICE MEXICAN FIESTA 6-25.9Z UBEN	1 Cup	COMBINE RICE,WATER,BUTTER OR MARGARINE & SALT,STIR WELL. BRINGTO VIGOROUS BOIL. REMOVE FROM HEAT,COVER & LET STAND 12 MIN, UNTIL MOST OF LIQUID IS ABSORBED. FLUFF & SERVE. NO MSG ADDED.	473006

Preparation Instructions

Conventional oven at 375 degrees for 12-15 minutes. Cook until internal temperature reaches 165 degrees.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.560
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 Serving

Amount Per Serving			
Calories		367.80	
Fat		7.66g	
SaturatedFat		2.80g	
Trans Fat*		0.01g	
Cholesterol		76.30mg	
Sodium		1644.05mg	
Carbohydrates		45.56g	
Fiber		1.05g	
Sugar		3.03g	
Protein		26.59g	
Vitamin A	679.95IU	Vitamin C	18.12mg
Calcium	146.98mg	Iron	3.69mg

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

Nutrition - Per 100g

No 100g Conversion Available