

Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52237
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	N/A	536620
Mashed Potato	1/2 Cup	1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	R-9325

Preparation Instructions

Prepare Popcorn Chicken and Mashed Potatoes according to direction on case.

To assemble: Place 1/2 cup Mashed Potatoes in container and top with 12 pieces of Popcorn Chicken. Allow students to top with corn, shredded cheese, and gravy. Offer dinner roll with bowl.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		346.33	
Fat		13.85g	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		70.00mg	
Sodium		793.79mg	
Carbohydrates		33.42g	
Fiber		3.85g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		20.70g	
Vitamin A	200.00mcg	Vitamin C	0.00mg
Calcium	28.48mg	Iron	1.69mg

Nutrition - Per 100g

No 100g Conversion Available
