

# Chicken, Cheese & Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32862
<b>School:</b>	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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.560
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	367.80
<b>Fat</b>	7.66g
<b>Saturated Fat</b>	2.80g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	76.30mg
<b>Sodium</b>	1644.05mg
<b>Carbohydrates</b>	45.56g
<b>Fiber</b>	1.05g
<b>Total Sugar</b>	3.03g
<b>Added Sugar</b>	1.03g
<b>Protein</b>	26.59g
<b>Vitamin A</b> 679.95mcg	<b>Vitamin C</b> 18.12mg
<b>Calcium</b> 146.98mg	<b>Iron</b> 3.69mg

## Nutrition - Per 100g

No 100g Conversion Available