

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

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available