

General TSO Chicken- JTM



Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8434
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
General TSO's Sauce- Graves County Schools	1 Tablespoon	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	744854

Preparation Instructions

Popcorn chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

General TSO

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 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	2.000
Grain	1.000
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: 10.00 Each

Amount Per Serving	
Calories	270.00**
Fat	13.00g**
Saturated Fat	3.00g**
Trans Fat	0.00g**
Cholesterol	70.00mg**
Sodium	480.00mg**
Carbohydrates	19.00g**
Fiber	3.00g**
Total Sugar	0.00g**
Added Sugar	0.00g**
Protein	19.00g**
Vitamin A 200.00mcg**	Vitamin C 0.00mg**
Calcium 20.00mg**	Iron 1.44mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available