

Chicken & Noodles

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57783
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	12 Gallon		261564
PASTA NOODL KLUSKI AMISH	15 Pound		456632
ONION DEHY CHPD	7 1/2 Cup		263036
BUTTER BLND SLD EURO ZT	3 Cup		648560
FLOUR WHOLE WHEAT STONE GROUND	5 5/8 Cup	5 1/4 cup + 6 Tbsp.	330094
MILK DRY N/F INSTANT	9 Cup	Reconstituted.	255917
SPICE PEPR BLK REG FINE GRIND	3 Tablespoon		225037
Chicken, Diced, Cooked, Frozen	38 1/4 Pound		100101

Preparation Instructions

1. Heat chicken stock to boiling. Slowly stir in noodles and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
2. Melt butter. Add flour and stir until smooth.
3. Add flour mixture, milk, and pepper, and chicken to noodles. Stir gently to combine.
4. Stir occasionally until thickened. CCP: Heat to 165 degrees or higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10"x12"x4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
6. CCP: Hold for hot service at 135 degrees or higher. Portion with 8 oz ladle (1 cup).

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
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: 300.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	206.62
Fat	5.63g
Saturated Fat	1.41g
Trans Fat	0.00g
Cholesterol	95.44mg
Sodium	460.95mg
Carbohydrates	20.46g
Fiber	0.79g
Total Sugar	1.54g
Added Sugar	0.00g
Protein	17.26g
Vitamin A 20.40mcg	Vitamin C 0.00mg**
Calcium 36.25mg	Iron 0.99mg

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

Nutrition - Per 100g

Calories	256.63
Fat	6.99g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	118.54mg
Sodium	572.54mg
Carbohydrates	25.41g
Fiber	0.98g
Total Sugar	1.91g
Added Sugar	0.00g
Protein	21.44g
Vitamin A 25.34mcg	Vitamin C 0.00mg**
Calcium 45.02mg	Iron 1.23mg

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