

# Chicken & Noodles

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57783
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.750
<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: 300.00

Serving Size: 1.00 Cup

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

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

## Nutrition - Per 100g

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

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