

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	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
PASTA NOODL KLUSKI AMISH	15 Pound		456632
ONION DEHY CHPD	7 1/2 Tablespoon		263036
BUTTER BLND SLD EURO ZT	3 Cup	READY_TO_EAT Ready to use.	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	202.19		
Fat	5.62g		
Saturated Fat	1.41g		
Trans Fat	0.00g		
Cholesterol	95.44mg		
Sodium	459.46mg		
Carbohydrates	19.33g		
Fiber	0.65g		
Total Sugar	1.45g		
Added Sugar	0.00g		
Protein	17.14g		
Vitamin A	20.40mcg	Vitamin C	0.00mg**
Calcium	34.48mg	Iron	0.96mg

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

Nutrition - Per 100g

Calories	251.14		
Fat	6.98g		
Saturated Fat	1.75g		
Trans Fat	0.00g		
Cholesterol	118.54mg		
Sodium	570.69mg		
Carbohydrates	24.01g		
Fiber	0.81g		
Total Sugar	1.80g		
Added Sugar	0.00g		
Protein	21.29g		
Vitamin A	25.34mcg	Vitamin C	0.00mg**
Calcium	42.83mg	Iron	1.20mg

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