

9-12: Vegetable Fried Rice 1 cup serving

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58582
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	5 9/10 Ounce	Weight or 1 cup	676463

Preparation Instructions

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil.

FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above.

THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above.

Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.125
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	270.00
Fat	2.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	54.00g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.70mg

Nutrition - Per 100g

Calories	161.42
Fat	1.49g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	263.05mg
Carbohydrates	32.28g
Fiber	2.39g
Total Sugar	1.79g
Added Sugar	0.00g
Protein	3.59g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.98mg	Iron 0.42mg