

COURTESY OF : BRUNSWICK COUNTY SCHOOLS
Chicken, Orange - Chicken Orange

Recipe: R-0489 HACCP Process: Same Day Service
 # of Servings: 28.00 Serving Size: 1 #10 scoop Source: Local
 Grams Per Serving: 146.14 Fat Change %: 0.00 Moisture Change %: 0.00
 Cost Per Serving: 0.30

Inventory Item Code	Ingredients	Measurements	Directions
2453	Chix, Fajita Breast Strip	1 -5LB BAG	1. Heat Chicken in steamer until internal temperature reaches 165. Heat sauce covered in steamer for 10 minutes. Add 3 cups of sauce to one 5# bag of chicken fajita meat. Portion using a #10 scoop should yield 28 servings per 5# bag. CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold for hot service at 135°F or higher
2619	Zesty Orange Sauce	3 CUP	

Notes:

Production Notes: 5# bag should yeild 28 #10 scoops of chicken and sauce.
 30# case should yeild approximately 168 servings

Serving Notes: 1/2 gallon bag of sauce=4 cups
 #10 scoop of Orange Chicken can be served over brown rice or alone.

Nutrients Per Serving:

(per 1 #10 scoop)

Calories	268.574	Trans Fat (gm)	0.000	Iron (mg)	0.952
Protein (gm)	16.191	Chol (mg)	80.954	Calc (mg)	10.476
Carb (gm)	37.905	Vit A (IU)	219.051	Sodium (mg)	928.583
Tot Fat (gm)	4.762	VitC (mg)	0.000	Fiber (gm)	0.000
Sat Fat (gm)	1.429			Sugars (gm)	25.714

Note: * means nutrient data is missing or not available.

Meal Components:

(per 1 #10 scoop)

Fruit (Cups)	Vegetables (Cups)				
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2	Fluid Milk (Cups)

Allergens:

Wheat, Soybeans