

Arapahoe Charter School

Recipe: 005025 CHICKEN TETRAZZINI

Recipe Source: ARAPAHOE

Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 3/4 CUP

050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY....	14 LB	<p>1.- Spray 2 inch half size steamtable pan with pan release 2.- Add 2 lb of brown rice per pan. 3.- Add 3 quarts of water per pan, stir to distribute rice evenly in pan 4.- Cover with aluminum foil and Place in oven for 23 to 25 minutes until rice has fully absorbed the water. Place in warmer until ready to serve. use 2 No. 8 scoop (1 cup) to serve rice. CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold for hot service at 135° F or higher</p>
050428 CHICKEN, FAJITA STRIPS, DARK MEAT, COOKED, IQ....	25 LB	<p>1.- Thaw chicken fajita meat in refrigerator. 2.- In each 12"x20"x2 1/2" steam table pan, divide same amount (5 lbeach) of chicken fajitas, cover and place in oven. 3.- cook for about 40 minutes. CCP: Heat to 165° F or higher for at least 15 seconds</p>
900008 CARROTS, BABY..... 902603 ONIONS,RED,RAW..... 011334 PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT..... 011740 BROCCOLI,FLOWER CLUSTERS,RAW.....	16 BAG, 2 OZ 2 LB 8 OZ,raw wgt 3 LB	<p>4.- Chop broccoli into 1/2" pieces. 5.- Cut the bell peppers in strips and slice fresh onions into thin pieces 6.- mix the same amount of baby carrots carrots per pan into cooked chicken fajita meat, cook until tender. 7.- Add the same amount of bell peppers and onions and cook for about 5 minutes. 8.-Add broccoli into each pan of cooked chicken fajita meat cover and place in oven until broccoli is tender. PLACE 1 CUP OF RICE IN THE LARGE COMPARTMENT OF A FOOD TRAY THEN ADD 3/4 CUP OF CHICKEN FAJITA W/ VEGETABLES ON TOP OF RICE. SERVING: 3/4 cup of chicken fajitas and vegetables provides 2 oz of meat. 1 cup of rice provides 2 serving of WGR. CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold for hot service at 135° F or higher</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	403 kcal	Cholesterol	92.80 mg	Sugars	*0.07* g	Calcium	106.90 mg	19.49%	Calories from Total Fat
Total Fat	8.73 g	Sodium	663.29 mg	Protein	28.05 g	Iron	2.41 mg	5.34%	Calories from Saturated Fat
Saturated Fat	2.39 g	Carbohydrates	52.96 g	Vitamin A	1669.24 IU	Water ¹	30.55 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.65* g	Vitamin C	34.35 mg	Ash ¹	0.22 g	52.53%	Calories from Carbohydrates
								27.82%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 2.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050450	RICE, LONG GRAIN, BROWN, QUICK-COOKIN			
I	050428	CHICKEN, FAJITA STRIPS, DARK MEAT, COO			
I	900008	CARROTS, BABY			
I	902603	ONIONS, RED, RAW			
I	011334	PEPPERS, SWT, GRN, CKD, BLD, DRND, WO/SAL			
I	011740	BROCCOLI, FLOWER CLUSTERS, RAW			

Notes

Production Notes:
 25 lb chicken fajita
 2 lb onions
 2 lb carrots
 3 lb broccoli
 1/2 lb green pepper

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Recipe

Jan 19, 2017

Serving Notes:
135 degrees

Purchasing Guide:

Miscellaneous Notes:
165 degrees

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