

Washington County School District

Recipe: 001774 CHICKEN POTATO BOWL - E -DICED

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name: CHICKEN POTATO BOWL

Number of Portions: 100
Size of Portion: SERVINGS

903391 MASHED POTATOES,from Dry mix,Prepared..... 903554 CORN, NO SALT, CANNED.....	3 Bag, Dry Mix,YFM 1 #10 CAN	COOK MASHED POTATOES ACCORDING TO PACKAGE DIRECTIONS - 20-28 MINUTES IN A STEAMER UNTIL IT REACHES 165°. TRANSFER POTATOES TO LARGE METAL HOTEL PAN AND STIR IN STRAINED CORN. RETURN TO HOT HOLDING.
900237 CHICKEN GRAVY LOW SODIUM (Custom).....	1/2 PACKAGE	PREPARE GRAVY - BRING 1.5 BAGS OF MIX AND 1.5 GALLONS WATER TO A BOIL, REDUCE HEAT AND SIMMER FOR 3-5 MINUTES. HEAT CHICKEN ACCORDING TO PACKAGE DIRECTIONS: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350°F CONVECTION OVEN FOR 6-8 MINUTES ST 350°F HEAT CHICKEN ACCORDING TO PACKAGE DIRECTIONS:
902468 CHICK,DICED,CKD,FROZEN-COMMOD FR026... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE..... 002026 ONION POWDER.....	1/2 CASE/30LBS 3 TBSP 2 TBSP 2 TBSP 1 TBSP	SEASON CHICKEN WITH GARLIC POWDER, ONION POWDER, SALT, AND PEPPER THEN: HEAT CHICKEN ACCORDING TO PACKAGE DIRECTIONS: CONVENTIONALOVEN FOR 32-35 MINUTES AT 350° OR CONVECTION OVEN FOR 18-20 MINUTES, UNTIL IT REACHES 165°
903462 CHEDDAR/ JACK FANCY SHRED.....	1/4 BAG	ASSEMBLE: SCOOP 3/4 C OF MASHED POTATOES/CORN MIXTURE INTO A BOWL (HEAPING #6 SCOOP) TOP WITH CHICKEN (4.3oz), GRAVY (2oz LADLE) AND THEN SPRINKLE WITH CHEESE.

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	260 kcal	Cholesterol	65.96 mg	Sugars	2.39 g	Calcium	*71.08* mg	29.46%	Calories from Total Fat
Total Fat	8.52 g	Sodium	582.00 mg	Protein	23.84 g	Iron	*1.20* mg	9.16%	Calories from Saturated Fat
Saturated Fat	2.65 g	Carbohydrates	23.34 g	Vitamin A	*93.42* IU	Water ¹	*42.60* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.76 g	Vitamin C	*28.86* mg	Ash ¹	*1.07* g	35.88%	Calories from Carbohydrates
								36.65%	Calories from Protein

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.

Washington County School District

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.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - 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	903391	MASHED POTATOES,from Dry mix,Prepared			
I	903554	CORN, NO SALT, CANNED			
I	900237	CHICKEN GRAVY LOW SODIUM (Custom)			
I	902468	CHICK,DICED,CKD,FROZEN-COMMOD FR026			
I	002020	GARLIC POWDER			
I	002030	PEPPER,BLACK			
I	002047	SALT,TABLE			
I	002026	ONION POWDER			
I	903462	CHEDDAR/ JACK FANCY SHRED			

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.

Washington County School District

Recipe: 001771 CHICKEN POTATO BOWL -S-DICED

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name: CHICKEN-POTATO BOWL

Number of Portions: 100
Size of Portion: SERVINGS

903509 BUTTER MASHED..... 903554 CORN, NO SALT, CANNED.....	8 BAG 1 #10 CAN	COOK MASHED POTATOES ACCORDING TO PACKAGE DIRECTIONS - 20-28 MINUTES IN A STEAMER UNTIL IT REACHES 165°. TRANSFER POTATOES TO LARGE METAL HOTEL PAN AND STIR IN STRAINED CORN. RETURN TO HOT HOLDING.
900237 CHICKEN GRAVY LOW SODIUM (Custom).....	1 1/2 PACKAGE	PREPARE GRAVY - BRING 1.5 BAGS OF MIX AND 1.5 GALLONS WATER TO A BOIL, REDUCE HEAT AND SIMMER FOR 3-5 MINUTES.
902468 CHICK,DICED,CKD,FROZEN-COMMOD FR026... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE..... 002026 ONION POWDER.....	1/2 CASE/30LBS 3 TBSP 2 TBSP 2 TBSP 1 TBSP	SEASON CHICKEN WITH GARLIC POWDER, ONION POWDER, SALT AND PEPPER THEN: HEAT CHICKEN ACCORDING TO PACKAGE DIRECTIONS: -CONVENTIONAL OVEN FOR 32-35 MINUTES AT 350° OR CONVECTION OVEN FOR 18-20 MINUTES, UNTIL IT REACHES 165°
903462 CHEDDAR/ JACK FANCY SHRED.....	1/4 BAG	ASSEMBLE: SCOOP 3/4 C OF MASHED POTATOES/CORN MIXTURE INTO A BOWL (HEAPING #6 SCOOP) TOP WITH CHICKEN (2.72oz), GRAVY (2oz LADLE) AND THEN SPRINKLE WITH CHEESE.

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	331 kcal	Cholesterol	71.14 mg	Sugars	2.08 g	Calcium	*72.59* mg	35.52%	Calories from Total Fat
Total Fat	13.06 g	Sodium	810.12 mg	Protein	24.64 g	Iron	*1.23* mg	14.24%	Calories from Saturated Fat
Saturated Fat	5.24 g	Carbohydrates	27.60 g	Vitamin A	*88.61* IU	Water ¹	*42.60* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	10.13 g	Vitamin C	*0.02* mg	Ash ¹	*1.07* g	33.35%	Calories from Carbohydrates
								29.78%	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.

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.

Washington County School District

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2.000 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.750 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	903509	BUTTER MASHED			
I	903554	CORN, NO SALT, CANNED			
I	900237	CHICKEN GRAVY LOW SODIUM (Custom)			
I	902468	CHICK, DICED, CKD, FROZEN-COMMOD FR026			
I	002020	GARLIC POWDER			
I	002030	PEPPER, BLACK			
I	002047	SALT, TABLE			
I	002026	ONION POWDER			
I	903462	CHEDDAR/ JACK FANCY SHRED			

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.