

Washington County School District

Recipe: 000636 CHICKEN NOODLE SOUP: USDA 1C.

Recipe Source: <XXX>
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name: CHICKEN NOODLE SOUP

Number of Portions: 100
 Size of Portion: CUP

011143 CELERY,RAW..... 011124 CARROTS,RAW..... 011284 ONIONS,DEHYDRATED FLAKES..... 002030 PEPPER,BLACK..... 903712 CHICKEN, DICED L/S TYSON..... 900365 CHICKEN GRAVY: (CUSTOM)..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 903545 BROTH, CHICKEN SWANSON..... 903698 PASTA, ROTINI WG..... 900370 CHICKEN BASE (CUSTOM):LOW SODIUM....	3 LB 2 1/2 LB 1 CUP 1 TBSP 15 LB 1 BAG 1 1/4 GAL 7 CAN 49oz 1/2 CASE 20# 1/2 LB	1. Combine water, broth, chicken base, and gravy mix. Add celery, carrots, onions, and pepper. 2. Bring to a boil. Reduce heat and cover. Simmer 20 minutes. 3. Add chicken and frozen noodles. Return to simmer. Cover and simmer for 10 minutes or until noodles are tender. 4. Pour into serving pans. 5. Portion into correct serving size for your school.
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*Nutrients are based upon 1 Portion Size (CUP)

Calories	199	kcal	Cholesterol	46.84	mg	Total Sugars	*2.10*	g	Calcium	*1.69*	mg	22.86%	Calories from Total Fat
						Added Sug	*2.10*	g					
Total Fat	5.05	g	Sodium	450.95	mg	Protein	*0.00*	g	Iron	*20.50*	mg	5.55%	Calories from Saturated Fat
Saturated Fat	1.23	g	Carbohydrates	18.34	g	Vitamin A	17.21	RAE	Water ¹	*0.08*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fiber	1.92	g	Vitamin C	*97.71*	mg	Ash ¹	*70.39*	g	36.89%	Calories from Carbohydrates
												0.00%	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.

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.....	1.500 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.....					? - Sesame

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011143	CELERY,RAW	LB		No
I	011124	CARROTS,RAW	LB		No
I	011284	ONIONS,DEHYDRATED FLAKES	LB		No
I	002030	PEPPER,BLACK	CUP		No
I	903712	CHICKEN, DICED L/S TYSON	LB		No
I	900365	CHICKEN GRAVY: (CUSTOM)	BAG		No
I	014429	BEVERAGES,H2O,TAP,MUNICIPAL	GAL		No
I	903545	BROTH, CHICKEN SWANSON			
I	903698	PASTA, ROTINI WG	LB		No
I	900370	CHICKEN BASE (CUSTOM):LOW SODIUM	LB		No

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Tyson® Fully Cooked All Natural* Low Sodium Diced Chicken, Natural Proportion 60 White/40 Dark Meat, 0.5"

Easily add Tyson® Fully Cooked All Natural* Low Sodium Diced Chicken to pasta dishes, soup, chicken salad, taco salads, burritos, enchiladas, even breakfast scrambles or any other kid-favorites entrees that call for a protein.

PRODUCT CODE: [10460120928](#) | GTIN CODE: [00023700048516](#)

Features & Benefits

- 100% all natural*, low sodium product with no allergens
- Recipe-ready diced product is fully cooked with a ½" target dice size for less labor back of house
- Utilizes white and dark meat to keep commodity pounds in balance and is also available for Independent Drawdown
- CN portion is 2.30 oz. = 2 m/ma
- Eligible for Cool School rewards

More About This Product

From delicious soups and salads to quick prep ingredients in your creative menu applications, our Tyson® Fully Cooked All Natural* Low Sodium Diced Chicken provides an easy way to add a protein to any meal. Our chicken has no artificial colors or flavors and no preservatives and offers exceptional versatility. Fully cooked to help minimize food safety concerns, these can be heated right from frozen, helping save you valuable time and allowing for last-minute menu flexibility. And with a mix of white and dark meat, Tyson® Fully Cooked All Natural* Low Sodium Diced Chicken is a commodity eligible product designed to extend your dollars further. *No artificial ingredients. Minimally processed.

Product Claims & Allergens



Nutritional Facts

Serving Size 84g

Serving Size 3 oz (84g)

Amount Per Serving 130
Calories

	Amount Per Serving	% Daily Value*
Total Fat	5g	6 %
Saturated Fat	2g	
Trans Fat	0g	
Cholesterol	55mg	18 %
Sodium	125mg	5 %
Total Carbohydrate	1g	0 %
Dietary Fiber	0g	0 %
Total Sugars	0g	
Added Sugars	0g	0 %
Protein	18g	36 %
vitamin A		0 %
vitamin C	0mg	0 %
vitamin D	0mcg	0 %
Calcium	7mg	0 %
Iron	1mg	4 %
Potassium	360mg	8 %

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

To inquire if a signed copy of the product formulation statement or Child Nutrition statement is available for this item, please contact the Tyson Foodservice Customer Relations Team at 1-800-248-9766. Or email CustomerRelations@tyson.com.

Ingredients

Chicken, water, contains 2% or less of the following: maltodextrin, natural flavors, rice starch, vinegar, yeast extract.



Pack Size: 20 Product: #4130831073

Marzetti Frozen Pasta Rotini with Whole Grain



Rotini, which means “twists” in Italian, are short, screw-like noodles. Our whole grain variety is made with 51% whole wheat flour perfect for a healthy lifestyle. Starting with the original frozen egg noodle, Marzetti Frozen Pasta® now offers a wide variety of precooked pastas that save time and labor in foodservice kitchens.

Product Specs

Product Preparation:	For best results, add frozen pasta to boiling water, stirring with fork to separate, for 30 to 60 seconds. Or run under hot tap water until thawed. Drain. If using in cold salad follow with cold water rinse.
Case GTIN	10041308310733
Shelf Life	450
Storage	Keep Frozen
Case Weight	20.869
Case Cube	0.880
Pallet TI x HI	10 x 7
Cases per Pallet	70
Case Dimensions (LxWxH)	17.75" x 9.937" x 8.625"

Ingredients

WATER, WHOLE WHEAT DURUM FLOUR, ENRICHED DURUM SEMOLINA AND DURUM WHEAT FLOUR (DURUM SEMOLINA WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID).

Allergen Statement

CONTAINS: WHEAT

Operator Benefits

- Contains 63g of whole grains per serving
- Little or no wasted product
- Saves on time and labor cost
- Easy menu extensions
- Consistently al dente results
- K-12 Friendly
- Quick prep time (30-60 seconds)
- Prep only what is needed

Nutrition Facts

Serving Size	1.5 cup (140g)	
Amount Per Serving		
Calories	210	
		% Daily Value
Total Fat	1.5g	2%
Saturated Fat	0g	0%
<i>Trans Fat</i>	g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	44g	16%
Dietary Fiber	4g	13%
Total Sugars	2g	
Includes g Added Sugars		0%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	2.1mg	10%
Potassium	190mg	4%

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SWANSON® NATURAL GOODNESS – CHICKEN BROTH



Swanson® Natural Goodness - Chicken Broth is full of rich chicken flavor but has 1/3 less sodium than our regular broth and is 100% fat free. • This soup is part of our Wellness Collection.

Case Code 27514	Pack & Size 12 / 49 OZ
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Nutrition Facts	
Serving Size	1 CUP(240 ML)
Amount Per Serving	
Calories 15	Calories from Fat
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Potassium 170mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Calcium 0%	Iron 0%
<p>* Percent Daily Values are based on a 2,000 calorie diet. Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products. Information is true and accurate as of: 07/25/2019</p>	

INGREDIENTS
INGREDIENTS: CHICKEN STOCK, CONTAINS LESS THAN 2% OF: SALT, YEAST EXTRACT, FLAVORING, CHICKEN FAT, CHICKEN*, GARLIC EXTRACT.*DRIED

FEATURES AND BENEFITS

100% FAT FREE 33% LESS SODIUM THAN OUR REGULAR PRODUCT+ (860 mg vs. 570 mg)+REGULAR SWANSON CHICKEN BROTH CONTAINS 860 mg OF PER SERVING. THIS PRODUCT CONTAINS 570 mg PER SERVING No Added Preservatives No Added MSG No High Fructose Corn Syrup No Artificial Flavors No Colors from Artificial Sources

SERVING IDEAS

• For more flavorful dishes, use Swanson broth instead of water, when simmering vegetables, rice, potatoes or pasta • When roasting, baste with Swanson broth for moist, tender, flavorful meats • Swanson broth also makes a great soup starter • Visit SwansonBroth.com

MORE

100% FAT FREE 33% LESS SODIUM THAN OUR REGULAR PRODUCT+ (860 mg vs. 570 mg)+REGULAR SWANSON CHICKEN BROTH CONTAINS 860 mg OF PER SERVING. THIS PRODUCT CONTAINS 570 mg PER SERVING No Added Preservatives No Added MSG No High Fructose Corn Syrup No Artificial Flavors No Colors from Artificial Sources

PREPARATION

Do not dilute. Pour contents into saucepan. Heat slowly until hot, stirring occasionally.

HANDLING

PROMPTLY REFRIGERATE ANY UNUSED PORTION IN A SEPARATE CONTAINER.

STORAGE

Shelf Life: 730 DAYS
Storage Temperature: 72F

PACKAGING DETAILS

Pack & Size: 12 / 49 OZ	Case Weight: 42.24 LB	UPC: 51000275141
Cube: 0.918 FT	Case Size: 17IN x 12.875IN x 7.25IN (L x W x H)	SCC-14: 10051000275148

SPECIAL DIETARY NEEDS

100 calories or less per serving; 15 grams total carbohydrates or less per serving; 250 calories or less per serving; 9 grams total carbohydrates or less per serving; Low Fat; Sodium 481 - 800 mgs.



Custom Culinary® Master's Touch® Low Sodium Chicken Flavored Base

Formula No. 0146

An economical low sodium chicken base with real chicken meat. Use as a starter for soups or season vegetables, pasta, rice and potatoes. Great for healthcare and other facilities looking for healthier options.



0146 Size

Quantity

0146ZXCFF 1 / 1 LB

1

\$8.03

Preparation

To prepare soup or broth, dissolve 1 lb. of Base in 5 gallons of boiling water. For a smaller quantity, dissolve 3/4 teaspoons of Base in 8 fluid ounces of boiling water or 4 ounces of Base in 5 quarts of boiling water.

Ingredients

Roasted Chicken And Chicken Broth, Maltodextrin, Sugar, Corn Starch, Chicken Fat, Flavorings, Salt, Autolyzed Yeast Extract, Potassium Chloride, Hydrolyzed Corn Protein, Turmeric (Color), Xanthan Gum, Disodium Inosinate, Disodium Guanylate..

Package Info

Store in tight containers in cool 40 F to 80 F dry areas. 12 months for maximum flavor.



Custom Culinary® PanRoast® Low Sodium Chicken Flavored Gravy Mix

Formula No. 1740

This superior quality mix offers rich, savory and well-balanced, true pan roasted chicken flavors and authentic aromas. The gold colored gravy is an excellent complement to center-of-the-plate entrées and an ideal partner to carefully prepared side dishes. Also use this versatile gravy as the creative foundation for soups and stews.



1740 Size

Quantity

1740YCPAN 1 / 12 OZ



1

\$8.61

Preparation

Pour one gallon of warm water (100°F/38°C) into a saucepan. Gradually add one full bag (12 ounces) of mix to warm water, whisking thoroughly. Bring to a boil (212°F/100°C), stirring frequently. Reduce heat and simmer 3-5 minutes. Serve immediately or hold on steam table at 160° - 175°F/ 71° - 79°C. For Half Bag: In saucepan, gradually add 6 ounces of mix to 1/2 gallon of warm water (100°F/38°C), whisking thoroughly. Continue with directions above.

Ingredients

Food Starch - Modified, Rice Flour, Whey, Hydrolyzed Corn Protein, Rendered Chicken Fat, Sugar, Corn Syrup Solids, Onion Powder, With 2% Or Less Of Coconut Oil, Xanthan Gum, Anti-Caking Agent (Silicon Dioxide), Dehydrated Chicken Broth, Yeast Extract, Potassium Chloride, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides, Extractive Of Annatto (Color), Extractive Of Turmeric (Color).

Package Info

Store in tight containers in cool 50F to 80F dry areas. 15 months for maximum flavor.

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PRODUCT?**

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