

Washington County School District

Recipe: 001766 CHICKEN POTATO BOWL - EPOPCORN

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)..... 903540 POPCORN CHICKEN - GOLD KIST.....	1/2 PACKAGE 1 CASE 108/4.3oz	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:
903462 CHEDDAR/ JACK FANCY SHRED.....	1/4 BAG	ASSEMBLE IN A 12oz STYRO SQUAT CUP: 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	446 kcal	Cholesterol	92.54 mg	Sugars	2.38 g	Calcium	*79.17* mg	43.75%	Calories from Total Fat
Total Fat	21.67 g	Sodium	909.26 mg	Protein	23.63 g	Iron	*2.51* mg	8.99%	Calories from Saturated Fat
Saturated Fat	4.46 g	Carbohydrates	41.36 g	Vitamin A	*235.79* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.93 g	Vitamin C	*28.84* mg	Ash ¹	*0.00* g	37.10%	Calories from Carbohydrates
								21.20%	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.

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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					
Moisture Change.	0%				? - Shellfish
Fat Change.....	0%				? - Soy
Type of Fat.....					? - Wheat

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	903540	POPCORN CHICKEN - GOLD KIST			
I	903462	CHEDDAR/ JACK FANCY SHRED			

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Recipe: 001735 CHICKEN POTATO BOWL -SPOPCORN

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)... 903540 POPCORN CHICKEN - GOLD KIST.....	1 1/2 PACKAGE 1 CASE 108/4.3oz	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:
903462 CHEDDAR/ JACK FANCY SHRED.....	1/4 BAG	ASSEMBLE IN A 12oz STYRO SQUAT CUP: 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	495 kcal	Cholesterol	91.60 mg	Sugars	2.07 g	Calcium	*79.31* mg	45.38%	Calories from Total Fat
Total Fat	24.93 g	Sodium	1100.57 mg	Protein	23.07 g	Iron	*2.38* mg	12.41%	Calories from Saturated Fat
Saturated Fat	6.82 g	Carbohydrates	44.33 g	Vitamin A	*218.36* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	13.08 g	Vitamin C	*0.00* mg	Ash ¹	*0.00* g	35.86%	Calories from Carbohydrates
								18.66%	Calories from Protein

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Vegetable.....	0.750 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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