

Fremont Unified School District

Recipe: 000708 Chicken Chow Mein w Yaki Soba

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 80
Size of Portion: cup

900293 SOY SAUCE #111379..... 002030 PEPPER,BLACK..... 901102 GARLIC,GRANULATED..... 011143 Celery Sticks, Fresh..... 011282 ONIONS,RAW..... 902919 Chicken Dark meat strip with grill marks.....	2 1/2 CUP 1 1/2 TBSP 5 TBSP 1 1/2 LB, chopped 1 1/2 LB, chopped 14 1/4 LB	1. Combine soy sauce, oyster sauce, and seasonings over the chicken. Let marinate overnight. 2. Pour hot water over noodles and soak for 1-2 minutes to cook. Drain and then fluff the noodles. Add sesame oil over cooked noodles. 3. Saute or steam onions and celery. 4. Mix onion and celery mixture with chicken. Mix well and cookover for 3-5 minutes. Then add noodles and mix well with the chicken vegetable mixture. 5. Pan up 25 servings per pan and place in warmer until served.
011124 Carrot Sticks, Fresh..... 902940 YAKI SOBA NOODLES WHOLE WHEAT.... 902992 Oil, Sesame Blend..... 902887 Oyster Sauce - Panda.....	1 5/8 PINT, shredded 10 LB 4 CUP 3 1/4 CUP	CCP: Heat to 165° F or higher for at least 15 seconds 6. CCP: Hold for hot service at 135° F or higher. 8 oz spoodle provides 2 oz meat/meat alternate and ¼ cup vegetable and 2 grains serving.
Variation		

*Nutrients are based upon 1 Portion Size (cup)

Calories	497 kcal	Cholesterol	67.33 mg	Protein	24.99 g	Calcium	37.00 mg	55.60%	Calories from Total Fat
Total Fat	30.67 g	Sodium	1536.37 mg	Vitamin A	124.90 RE	Iron	2.46 mg	9.31%	Calories from Saturated Fat
Saturated Fat	5.14 g	Carbohydrates	28.69 g	Vitamin A	778.69 IU	Water ¹	*53.13* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.49 g	Vitamin C	1.25 mg	Ash ¹	*10.16* g	23.11%	Calories from Carbohydrates
								20.13%	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.

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2 oz				? - Milk
Grain..... 2 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.125 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	900293	SOY SAUCE #111379			
I	002030	PEPPER, BLACK			
I	901102	GARLIC, GRANULATED			
I	011143	Celery Sticks, Fresh			
I	011282	ONIONS, RAW			
I	902919	Chicken Dark meat strip with grill marks			
I	011124	Carrot Sticks, Fresh			
I	902940	YAKI SOBA NOODLES WHOLE WHEAT			
I	902992	Oil, Sesame Blend			
I	902887	Oyster Sauce - Panda			

Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

2/#8 scoops =1c.

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