

<b>Recipe # :</b>	<b>912106</b>	<b>Student Count :</b>	<b>100</b>
<b>Chicken Satay : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1429	CHICKEN GRILLED	100 QTY	SUB RECIPES: 1429 – CHICKEN GRILLED 1384 – SEASONED BROWN RICE 1550 – SATAY SAUCE  1. COOK THE CHICKEN AS SHOWN IN RECIPE #1429.  2. COOK THE RICE AS SHOWN IN RECIPE #1384.  3. SERVE THE CHICKEN WITH OR ON TOP OF A ½ OF A CUP OF RICE, POUR SAUCE OVER THE TOP OR ON THE SIDE.  4. SERVE EACH 1 CHICKEN SATAY.
1384	SEASONED BROWN RICE	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	
1550	SATAY SAUCE	24 & 3/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
<b>Calories</b>	429 kcal
<b>Total Fat</b>	20.07 g
<b>Sodium</b>	750.93 mg
<b>Carbs</b>	41.2 mg

Components	
<b>Meat/Alt:</b>	2 oz. eq.
<b>Grains:</b>	1 oz. eq.
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

<b>Recipe # :</b>	<b>1429</b>	<b>Student Count :</b>	<b>100</b>
<b>Chicken Grilled : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904235	CHICKEN BREAST GRILLED - ADVANCE PIERRE - 9835	100 QTY	<p>COOKING METHOD: STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p>STEPS: 1.PLACE THAWED CHICKEN INTO THE PAN. 2.ADD OIL AND MIX WELL. 3.WRAP PAN WITH PLASTIC WRAP &amp; TINFOIL.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.</p> <p>TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*</p> <p>4.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p>SERVICE: 5.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:ADVANCE PIERRE #9835 1 EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE</p>
S2	SELECT ONE BELOW		
904031	*OIL SOYBEAN - CHEF'S PRIDE - 54107	3/4 CUP + 1 Tbsp + 2 Tsp	
904033	*OIL SOYBEAN - USDA - USDA - 100442	3/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
<b>Calories</b>	139 kcal
<b>Total Fat</b>	7.24 g
<b>Sodium</b>	350 mg
<b>Carbs</b>	4 mg

Components	
<b>Meat/Alt:</b>	2 oz. eq.
<b>Grains:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

**Recipe # :** 1384

**Student Count :** 100

**Seasoned Brown Rice : NutriStudents K-12**

**Serving Size :** 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S3	SELECT ONE BELOW		<p>COOKING METHOD: STANDARD OVEN:4" DEEP FULL HOTEL PAN STEAMER:</p> <p>STEPS: 1. PLACE RICE &amp; WATER INTO THE PAN. 2A. WRAP PAN WITH PLASTIC WRAP &amp; TINFOIL. (STANDARD) OR 2B. PLACE LID ON PAN. (STEAMER)</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK. TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50** 3. PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p>4.ADD SPICES MIX WELL.</p> <p>SERVICE: 5.SERVE EACH STUDENT A 1/2 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# USDA 100500 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS PRODUCT# RICELAND 3520024519 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS PRODUCT# PRODUCERS R2PX25QC0 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS</p>
904051	*BROWN RICE - PRODUCERS - R2PX25QC0	6.25 LB	
904048	*BROWN RICE - RICELAND - 24519	6.25 LB	
904046	*BROWN RICE - USDA - USDA - 100500	6.25 LB	
904308	WATER	19 & 3/4 CUP + 1 Tbsp + 2 Tsp	
S2	SELECT ONE BELOW		
904031	*OIL SOYBEAN - CHEF'S PRIDE - 54107	1 & 1/2 CUP + 1 Tsp	
904033	*OIL SOYBEAN - USDA - USDA - 100442	1 & 1/2 CUP + 1 Tsp	
904115	GARLIC GRANULATED - GENERIC --	1 Tbsp + 1 Tsp	
904131	SALT KOSHER - GENERIC --	1 Tbsp + 1 Tsp	
904112	CURRY POWDER - GENERIC --	1 Tbsp	

Nutrients based on 1 Serving Size	
<b>Calories</b>	135 kcal
<b>Total Fat</b>	4.52 g
<b>Sodium</b>	72.19 mg
<b>Carbs</b>	21.73 mg

Components	
<b>Meat/Alt:</b>	0
<b>Grains:</b>	1 oz. eq.
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

**Recipe # :** 1550

**Student Count :** 100

**Satay Sauce : NutriStudents K-12**

**Serving Size :** 1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903947	-----SAUCE-----		
904616	BUTTER SUN - SUN BUTTER - 19010	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	<b>COOKING METHOD:</b> NO COOK  <b>STEPS:</b>  1.ADD SUNBUTTER, YOGURT, SPICES & CILANTRO INTO A BLENDER AND MIX WELL.  HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.  <b>SERVICE:</b> 2.SERVE EACH STUDENT A 1/4 CUP EACH.
904653	YOGURT PLAIN	19 & 1/2 CUP + 1 Tsp	
904143	SUGAR WHITE - UNITED - 810079	2 & 1/4 CUP + 1 Tbsp + 1 Tsp	
904581	SAUCE SOY - KIKKOMAN - 171	3/4 CUP + 1 Tsp	
904115	GARLIC GRANULATED - GENERIC --	1/8 CUP + 2 Tsp	
904131	SALT KOSHER - GENERIC - -	1/8 CUP + 2 Tsp	
904117	CAYENNE PEPPER - GENERIC - -	1 Tbsp + 2 Tsp	
904378	CILANTRO FRESH 30 CT - GENERIC - -	3 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
<b>Calories</b>	155 kcal
<b>Total Fat</b>	8.31 g
<b>Sodium</b>	328.74 mg
<b>Carbs</b>	15.47 mg

Components	
<b>Meat/Alt:</b>	0
<b>Grains:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0