

TEST Recipe

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Recipe: 825755 Chicken and Waffles 2 Test

Recipe Source: Test recipes
 Recipe Group: Test Recipes for MRS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Chicken Tenders and Waffles TEST

Number of Portions: 100
 Size of Portion: 3 tenders

825458 Chicken Breast Tenders, BRD, #1018... 825057 Spray, Food Release, Veg Oil, #2514....	300 (1 Tender) 5 GRAM	1. Count out number of frozen chicken tenders needed to provide 2 oz eq. meat/meat alternate for number of servings needed. 2. Place frozen chicken tenders on sheet pans (18" X 26" X 1") coated with pan release spray or lined with parchment paper. 3. Bake according to package directions. (Prepare in batches to maintain quality.) 4. Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F. or lower.
825649 Waffle, Round, DC, WGR, #1206....	200 Waffle	5. Prepare waffles according to package or case directions as needed for service.
825237 Syrup, Maple, Imitation, PC, #2227.....	200 packet (1-1/2 ounce)	6. Assemble for service by placing 2 waffles on tray and topping with three chicken tenders. Offer students two packets of syrup. 7. Serve three chicken tenders, two waffles and two packets of syrup per portion. Each portion provides 2 oz. eq. meat/meat alternate and 3 oz. eq. whole grain. CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (3 tenders)

Calories	578 kcal	Cholesterol	56.00 mg	Sugars	45.25 g	Calcium	165.77 mg	17.22%	Calories from Total Fat
Total Fat	11.06 g	Sodium	938.55 mg	Protein	23.04 g	Iron	6.66 mg	2.42%	Calories from Saturated Fat
Saturated Fat	1.56 g	Carbohydrates	99.43 g	Vitamin A	408.65 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.07 g	Vitamin C	0.03 mg	Ash ¹	*0.00* g	68.82%	Calories from Carbohydrates
								15.95%	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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<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.....3.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change..... -9%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	825458	Chicken Breast Tenders, BRD, ,#1018			
I	825057	Spray, Food Release, Veg Oil, #2514			
I	825649	Waffle, Round, DC, Mer WGR, #1206			
I	825237	Syrup, Maple, Imitation, PC, #2227			

Notes

Production Notes:

Serving Notes:

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:

Use commodity products when available.

Miscellaneous Notes:

Servings: 50 servings: 50 portions

100 servings: 100 portions

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