

Cajun Chicken Pasta - CACFP

General Information

Recipe #	Category	Source
1780812	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	7 ¼ oz.	
Cheese, Sauce, Alfredo, Canned, 6/106oz, 39.75#, Land O Lakes, 39049	4 ⅞ oz.	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	1 tbsp., 2 ⅞ tsp. 2 tbsp., 2 ⅔ tsp. chopped	
Onions, raw	2 tbsp., 2 ⅔ tsp. chopped	
Peppers, sweet, green, raw	1 tbsp., 2 ⅞ tsp. chopped or sliced	
Tomatoes, red, ripe, raw, year round average	¾ tsp.	
Spices, paprika	⅝ tsp.	
Spices, garlic powder	⅛ tsp. ground	
Spices, pepper, black	¼ tsp.	
Spices, onion powder	¼ tsp.	
Spices, pepper, red or cayenne	⅜ tsp. ground	
Spices, oregano, dried	⅜ tsp. ground	
Spices, thyme, dried	5 ⅞ oz.	
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	⅛ tsp.	
Salt, table	1 tbsp., 2 ⅞ tsp.	
Parmesan cheese topping, fat free		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Place chicken, cheese sauce, milk, onion, peppers, tomatoes and spices in a 4 inch foil pan. Stir to combine. Cover with foil and place in a 350 degree oven for 30 minutes.
2. Cook pasta according to package instructions. Drain and set aside.
3. Remove chicken mixture from the oven and stir. Return to the oven and cook for an additional 10 minutes. Ensure the internal temperature reaches 165 degrees F.
4. Remove chicken mixture from the oven. Stir in pasta. Top with parmesan cheese (if desired) and bake for an additional 5 minutes. Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.



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Serving Size	Yield
1/2 Cup	6.00

Nutrition Facts

Serving Size 1/2 Cup (104 gm)		
Amount Per Serving		
Calories		204.494
		% Daily Value*
Total Fat	6.164 gm	9.483%
Saturated Fat	2.784 gm	13.918%
Trans Fat	0.001* gm	
Cholesterol	31.844* mg	10.615%
Sodium	271.705 mg	11.321%
Total Carbohydrate	23.997 gm	7.999%
Dietary Fiber	3.464 gm	13.858%
Total Sugars	2.017 gm	
Includes 0.000 * gm of Added Sugars		
Protein	13.775 gm	27.551%
Vitamin A	7.747* mcg RAE	0.861%
Vitamin C	4.550* mg	7.584%
Vitamin D	0.060* mcg	0.3%
Calcium	64.304 mg	6.43%
Iron	1.651 mg	9.172%
Potassium	352.377 mg	7.497%
Saturated Fat % of Calories		12.251 %
Added Sugar % of Calories		0.000 %
* Indicates missing Nutrient Information.		
^ Indicates user added nutrient.		

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

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Place product in a single layer on a clean pan.

Preheat oven.

Place in oven and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains

1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Hiland Dairy Foods 🇺🇸

Land O Lakes 🇺🇸

Tyson Foods, Inc. 🇺🇸

Dates

Last Updated	Created
01-04-2026	04-07-2025

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