

Chicken Fried Rice - NSLP

General Information

Recipe #	Category	Source
1977204	Lunch Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Rice, Brown, Long-Grain, Parboiled, Dry, 25#, USDA, 101031	4 lbs., 6 oz.	
Beverages, water, tap, municipal	1 gal., 2 qt., 1 c.	
Vegetable oil, palm kernel	2 tbsp., 1 ½ tsp.	
Oil, sesame, salad or cooking	2 tbsp., 1 ½ tsp.	
Garlic, raw	¼ c.	
Onions, raw	1 c. chopped	
Ginger root, raw	¼ c.	
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	8 lbs., 8 oz.	
Peas and carrots, frozen, unprepared	4 lbs., 8 oz.	
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	1 c.	
Sambal Oelek	¼ c., 1 tbsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Cook rice according to package instructions. Dice onions and mince garlic and ginger. Make sure chicken is diced into medium diced pieces (you may need to dice chicken into smaller pieces from the package).
2. Heat saute pan and add oil. Saute garlic, onion, and ginger for about 1 minute.
3. Add chicken and saute for 3 minutes.
4. Add rice and stir fry on HIGH heat for 3 minutes or until rice starts to brown. (Keep all food moving in the pan as to not burn the rice).
5. Add peas and carrots, soy sauce, and sambal. Heat until internal temperature reaches 165 degrees F. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

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.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

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



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Serving Size	Yield
1 Cup	50.00

Nutrition Facts

Serving Size 1 Cup (288 gm)

Amount Per Serving	
Calories	296.324

	% Daily Value*
Total Fat 6.519* gm	10.029%
Saturated Fat 1.841* gm	9.207%
Trans Fat 0.000* gm	
Cholesterol 45.899* mg	15.3%
Sodium 282.951 mg	11.79%
Total Carbohydrate 37.035* gm	12.345%
Dietary Fiber 2.909* gm	11.638%
Total Sugars 0.683* gm	

Includes 0.000 * gm of Added Sugars

Protein 22.303 gm	44.607%
Vitamin A 193.911* mcg RAE	21.546%
Vitamin C 5.045* mg	8.409%
Vitamin D 0.000* mcg	
Calcium 29.901* mg	2.99%
Iron 1.917* mg	10.649%
Potassium 778.484 mg	16.563%

Saturated Fat % of Calories	5.593 %
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	2 oz

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.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

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: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

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

Grains	1.5 oz
Additional Vegetables	0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Tyson Foods, Inc. 🇺🇸
USDA Foods in Schools 🇺🇸

Dates

Last Updated	Created
09-18-2025	09-18-2025

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