

Chicken and Noodles - NSLP

General Information

Recipe #	Category	Source
1990422	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	8 lbs., 8 oz.	
Soup, chicken broth or bouillon, dry	½ c., 2 tbsp.	
Beverages, water, tap, municipal	1 gal., 1 pt.	
Spices, garlic powder	2 tsp.	
Spices, pepper, black	2 tsp. ground	
Carrots, raw	2 qt., 1 c. chopped	
Onions, raw	2 qt. chopped	
Celery, raw	2 qt. chopped	
Noodles, egg, dry, enriched	3 lbs., 12 oz.	
Parsley, fresh	1 c. chopped	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large pot on the stove top, place the chicken, chicken base, and water. Heat together until chicken is hot.
2. Add garlic powder and pepper and let mixture come to a boil.
3. Add vegetables and noodles and stir well.
4. Simmer for 20 minutes or until noodles are tender, stirring occasionally. If needed, add more water.
5. Hold hot for service. Garnish with parsley when serving.

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.

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.



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Serving Size	Yield
1 Cup	50.00

Nutrition Facts

Serving Size 1 Cup (264 gm)

Amount Per Serving		
Calories		267.019
		% Daily Value*
Total Fat	5.471 gm	8.416%
Saturated Fat	1.389 gm	6.943%
Trans Fat	0.021* gm	
Cholesterol	74.632 mg	24.877%
Sodium	432.386 mg	18.016%
Total Carbohydrate	30.683 gm	10.228%
Dietary Fiber	2.536 gm	10.142%
Total Sugars	3.256 gm	
Includes 0.000* gm of Added Sugars		
Protein	23.132 gm	46.264%
Vitamin A	206.799* mcg RAE	22.978%
Vitamin C	5.365* mg	8.942%
Vitamin D	0.102 mcg	0.51%
Calcium	48.007 mg	4.801%
Iron	2.540 mg	14.111%
Potassium	690.671 mg	14.695%
Saturated Fat % of Calories		4.681%
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

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

Added Sugar Limitations

Not applicable.

Vendors

Tyson Foods, Inc. 

Dates

Last Updated

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