

# Sweet and Sour Chicken - CACFP

## General Information

Recipe #	Category	Source
2033847	Lunch Entree	Local

## Ingredients

Name	Quantity	Quantity + 2
Broccoli, raw	1 lbs.	
Cabbage, raw	1 lbs. shredded	
Carrots, raw	1 c. grated	
Chicken Nuggets, Breaded, Uncooked, 2M, 28/5.68oz, 10#, Tyson, 10383860928	75 nugget	
Sauce, sweet and sour, ready-to-serve	1 c.	
Corn Starch, Box, 24/1lb, Monarch, 884686	1/4 oz.	
Beverages, water, tap, municipal	1/4 c.	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Wash broccoli and cut into florets. Wash cabbage and julienne. Mix together broccoli, cabbage, and shredded carrots. Saute for 3 minutes.
2. Place chicken onto sheet trays, or 18x13 inch pans, lined with parchment paper and place in a 350 degree F oven for 15 minutes or until the internal temperature reaches 165 degrees F.
3. In a large pot, heat sweet and sour sauce and bring to a boil. Mix together the cornstarch and water into a slurry. Add to the sauce, stirring constantly.
4. Mix together the chicken in 2 inch hotel pans or 12x20 inch pans. As the last minute pour sweet and sour sauce on top and stir to combine. Do not mix sauce and chicken more than 10 minutes before service. 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.

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.



## Sweet and Sour Chicken - CACFP

Serving Size **1/2 Cup** Yield **25.00**

## Nutrition Facts

Serving Size **1/2 Cup (115 gm)**

Amount Per Serving	% Daily Value*
Calories <b>182.979</b>	
Total Fat <b>9.739 gm</b>	<b>14.984%</b>
Saturated Fat <b>1.804 gm</b>	<b>9.021%</b>
Trans Fat <b>0.000* gm</b>	
Cholesterol <b>25.372 mg</b>	<b>8.457%</b>
Sodium <b>453.303 mg</b>	<b>18.888%</b>
Total Carbohydrate <b>15.841 gm</b>	<b>5.28%</b>
Dietary Fiber <b>1.567 gm</b>	<b>6.269%</b>
Total Sugars <b>3.198 gm</b>	
Includes 0.000 * gm of Added Sugars	
Protein <b>8.934 gm</b>	<b>17.868%</b>
Vitamin A <b>43.384* mcg RAE</b>	<b>4.82%</b>
Vitamin C <b>24.059* mg</b>	<b>40.098%</b>
Vitamin D <b>0.051* mcg</b>	<b>0.254%</b>
Calcium <b>23.502* mg</b>	<b>2.35%</b>
Iron <b>0.762* mg</b>	<b>4.233%</b>
Potassium <b>235.154* mg</b>	<b>5.003%</b>
Saturated Fat % of Calories	<b>8.875 %</b>
Added Sugar % of Calories	<b>0.000 %</b>

\* 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

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.

## Dates

### Last Updated

01-06-2026

### Created

12-15-2025

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Grains	0.5 oz
Dark Green	0.125 cups
Other Vegetables	0.125 cups

## Added Sugar Limitations i

Not applicable.

## Vendors

Tyson Foods, Inc. 

US Foods 