

Sweet and Sour Chicken - NSLP

General Information

Recipe #	Category	Source
2033848	Lunch Entree	Local

Ingredients

Name	Quantity	+ Quantity 2
Broccoli, raw	8 lbs.	
Cabbage, raw	8 lbs. shredded	
Carrots, raw	2 qt. grated	
Chicken Nuggets, Breaded, Uncooked, 2M, 28/5.68oz, 10#, Tyson, 10383860928	600 nugget	
Sauce, sweet and sour, ready-to-serve	2 qt.	
Corn Starch, Box, 24/1lb, Monarch, 884686	2 oz.	
Beverages, water, tap, municipal	1 pt.	

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.



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Serving Size	Yield
1 Cup	100.00

Nutrition Facts

Serving Size 1 Cup (230 gm)

Amount Per Serving	
Calories	365.958
% Daily Value*	
Total Fat 19.479 gm	29.967%
Saturated Fat 3.609 gm	18.043%
Trans Fat 0.000* gm	
Cholesterol 50.743 mg	16.914%
Sodium 906.606 mg	37.775%
Total Carbohydrate 31.681 gm	10.56%
Dietary Fiber 3.134 gm	12.537%
Total Sugars 6.395 gm	
Includes 0.000 * gm of Added Sugars	
Protein 17.868 gm	35.736%
Vitamin A 86.767* mcg RAE	9.641%
Vitamin C 48.118* mg	80.196%
Vitamin D 0.101* mcg	0.507%
Calcium 47.005* mg	4.7%
Iron 1.524* mg	8.465%
Potassium 470.308* mg	10.007%
Saturated Fat % of Calories	8.875 %
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.

Dates

Last Updated

12-15-2025

Created

12-15-2025

Grains	1 oz
Dark Green	0.25 cups
Other Vegetables	0.25 cups

Added Sugar Limitations i

Not applicable.

Vendors

Tyson Foods, Inc. 

US Foods 

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