Baked Honey Lemon Chicken (500)

(Baked Chicken, Honey Lemon MC500)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 Qt		2 Qt		1. Combine water, honey, lemon juice, salt and pepper in a bowl. Set aside. 2. Remove skin from thighs. Discard. Place 25 chicken thighs in each 12" x 20" x 2 ½" steam table pan. 3. To bake: Conventional oven 400° F, 20 minutes. Convection oven 375° F, 20 minutes. 4. Drain fat and discard. 5. Pour 3 ½ cups of honey lemon mixture over each pan of chicken thighs. 6. Return to bake: Conventional oven 350°F, 15 minutes. Convection oven 325°F, 15 minutes. 7. Bake until golden brown. For glazed appearance, baste after 10 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at complete of cooking process. Hold for hot service at 135°F or higher.*
Honey, Raw	1 lb + 7 oz		2 lb + 14 oz			
Lemon Juice		1 Cup		2 Cup		
Table Salt		1 Tbsp + 1 Tsp		2 Tbsp + 2 Tsp		
White Pepper		2 Tsp		1Tbsp + 1 Tsp		
Chicken Thigh		50 Thigh, e/p.		100 Thigh, e/p		
						Special Tips: 1) To remove skins easily, use a paper towel to grasp skin. 2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in ½ cup cold water. Drain liquid form cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180°F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.

Serving: 1 piece provides 2 oz of cooked poultry

Yield: 50 servings: 9 lb 3-oz
100 Servings: 18 lbs 6-oz

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Honey Lemon Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	194		Iron	0.91	Mg	Protein	15.61	G	Percent ⇒	Protein	32.16%
Cholesterol	58	Mg	Calcium	9.51	Mg	Carbohydrates	11.13	G	Of ⇒	Carbohydrates	22.93%
Sodium	243	Mg	Vitamin A	30	RE	Total Fat	9.62	G	Calories ⇒	Total Fat	44.61%
Dietary Fiber	0.07	G	Vitamin C	1.30	Mg	Saturated Fat	2.69	G	From ⇒	Saturated Fat	12.46%

Production Notes:
If thighs weigh less than 4 oz, adjust weights of chicken pieces according to Food Buying Guide. 50 lbs of cut-up chicken can be used in place of the thighs. Refer to Food Buying Guide for portion sizes to use.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Italian Chicken (502)

(Chicken, Baked Italian MC502)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Seasoned Salt		2 ½ Oz		5 Oz		1. Combine seasoning salt, black pepper, garlic powder, and onion powder in a large bowl. Set aside.
Black Pepper		1 Fl Oz		2 Fl Oz		
Garlic Powder		1 ½ Fl Oz		3 Fl Oz		
Onion Powder		1 ½ Fl Oz		3 Fl Oz		
Chicken, 8 cut frzn	25 lbs		50 lbs			2. Wash chicken. Season chicken with spice mixture.
Italian Dressing		1 Qt		½ Gal		3. Pour creamy Italian dressing over chicken. Cover and marinade overnight in refrigerator. Place in shallow containers, cover and refrigerate (41°F or lower) until needed in recipe preparation. 4. Place chicken on lined bun pans 5. To bake: conventional oven 400°F, 35 minutes. Convection oven 375°F, 35 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
						6. Place chicken in steam table pans. 7. Portion 1 chicken breast, 1 drumstick with wing or 1 thigh with back per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2-oz. meat/meat alternate

Yield: 50 servings: 50 servings chicken
100 servings: 100 servings chicken

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Baked Italian Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	262		Iron	1.05	Mg	Protein	21.33	G	Percent ⇒	Protein	32.58%
Cholesterol	65	Mg	Calcium	16.79	Mg	Carbohydrates	1.90	G	Of ⇒	Carbohydrates	2.91%
Sodium	554	Mg	Vitamin A	18	RE	Total Fat	18.51	G	Calories ⇒	Total Fat	63.62%
Dietary Fiber	0.22	G	Vitamin C	1.21	Mg	Saturated Fat	3.44	G	From ⇒	Saturated Fat	11.83%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Lemon Pepper Chicken (504)

(Chicken, Lemon Pepper BkdMC504)

Meat/Meat Alternate

Source: MS Cycle II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon Pepper		¼ cup		½ cup		1. Wash chicken. Season chicken with lemon pepper. Place chicken on lined bun pans. 2. To bake: conventional oven 400°F, 35 minutes. Convection oven 375°F, 35 minutes. 3. Bake until golden brown. *CCP: Internal temperatures of product must register 165°F for 15 seconds at completion of cooking process.*
Chicken, 8 cut frzn	20 lbs		40 lb			
						4. Place chicken in steam table pans for service. Cover steamtable pans with film wrap before placing in warmer to keep product moist. 5. Portion 1 breast, 1 drumstick with wing, or thigh and wing per serving. *CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion chicken provides 2-oz meat/meat alternate

Yield: 50 servings: 50 portions chicken
100 servings: 100 portions chicken

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Baked Lemon Pepper Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	139		Iron	0.88	Mg	Protein	21.12	G	Percent ⇒	Protein	60.91%
Cholesterol	65		Calcium	10.95	Mg	Carbohydrates	0.00	G	Of ⇒	Carbohydrates	%
Sodium	219	Mg	Vitamin A	12	RE	Total Fat	5.41	G	Calories ⇒	Total Fat	35.10%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	9.66%

Production Notes:
According to the Food Buying Guide, 50 pounds of cut up chicken will yield enough chicken for 100 2-ounce servings.

Serving Notes:
1 2-ounce serving equals 1 breast piece, 1 drumstick and 1 wing, or 1 thigh with back. For other servings, please check the Food Buying Guide.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Ranch Chicken (506)

(Chicken, Ranch Baked MC506)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dressing, Ranch, Dry Mix....	.....	1 1.5-oz package	.....	2 1.5-oz package	.....	1. Wash chicken. 2. Season chicken with dry Ranch dressing mix. Place chicken on lined bun pans. 3. To bake: conventional oven 400°F, 35 minutes. Convection oven 375 °F, 35 minutes. *CCP: Internal temperatures of product must register 165°F for 15 seconds or longer.*
Chicken, 8 cut, frzn.....	20 lbs	.....	40 lb	.....	.....	
						4. Place chicken in steam table pans. Cover steam table pans with film wrap before placing in warmer to keep product moist. 5. Serve 1 breast, wing and drumstick or thigh with back per serving. *CCP: Hold and maintain minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 serving provides 2 oz. meat/meat alternate

Yield: 40 servings: 40 portions chicken
80 servings: 80 portions chicken

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Baked Ranch Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	139		Iron	0.88	Mg	Protein	21.12	G	Percent ⇒	Protein	60.91%
Cholesterol	65	Mg	Calcium	10.95	Mg	Carbohydrates	0.00	G	Of ⇒	Carbohydrates	%
Sodium	68	Mg	Vitamin A	12	RE	Total Fat	5.41	G	Calories ⇒	Total Fat	35.10%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	9.66%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Seasoned Chicken (508)

(Baked Seasoned Chicken)

Meat/Meat Alternate – Vegetable-Grain/Bread **Source: MS Cycles II**

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Seasoning, creole		1 oz		1 7/8 oz		1. Combine seasoning, red pepper, garlic powder, and black pepper in a large bowl. Set aside.
Pepper, red/cayenne		1 3/8 Tsp		2 5/8 Tsp		
Garlic powder		1 3/8 Tsp		2 5/8 Tsp		
Black pepper		1 3/8 Tsp		2 5/8 Tsp		
Chicken, 8 cut, frzn	20 lbs		40 lbs			2. Wash chicken. Season chicken with spice mixture. Place chicken on lined bun pans. 3. To bake: Conventional oven 400 F, 35 minutes Convection oven 375 F, 35 minute 4. Bake until golden brown and reaches an internal temperature of 165 F.
						5. Place chicken in steam table pans. 6. Serve 1 breast, 1 drumstick and wing, or 1 thigh with back per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate

Yield: 40 servings: 40 portions
80 servings: 80 portions

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Baked Seasoned Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	139		Iron	0.91	Mg	Protein	21.15	G	Percent ⇒	Protein	60.70%
Cholesterol	65	Mg	Calcium	11	Mg	Carbohydrates	0.15	G	Of ⇒	Carbohydrates	0.42%
Sodium	258	Mg	Vitamin A	14	RE	Total Fat	5.42	G	Calories ⇒	Total Fat	35.02%
Dietary Fiber	0.04	G	Vitamin C	0.1	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	9.63%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Crispy Baked Chicken (510)

(Crispy Baked Chicken MC510)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut	20 lb		40lb			1. Rinse chicken in cold water. Drain well.
Flour, All Purpose White Milk, Dry, Non Fat Sol Seasoning, poultry Black Pepper Paprika Garlic Powder	12 7/8 oz 6 ½ oz 3/8 oz	2 ¾ Cup 1 1/3 Cup 1 Tbsp ½ Tsp. 2 ¼ Tsp ½ Tsp 1 Tbsp+3/4 Tsp.	1 5/8lb 13 oz ¾ oz	1 Qt 1 ½ Cup. 2 2/3 Cup 2 Tbsp 1 Tsp. 1 ½ Tbsp 1 Tsp 2 ½ Tbsp		2. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well.
						3. Place chicken pieces in large bowl.
						4. Coat chicken with seasoned flour. Place approximately 25 pieces on lined sheet pans, that have been sprayed with food release.
						5. Bake until golden brown: Conventional oven: 400°F for 45-55 minutes. Convection oven 350° F for 30-35 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*

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Crispy Baked Chicken (Continued)

6. Transfer to steam table pans for serving. Serve immediately or place in warmer until ready for service
7. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back per serving.

CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.

Serving: 1 portion provides 2 oz. meat/meat alternate.

Yield: 40 servings: 40 portions chicken
80 servings: 80 portions chicken

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	190		Iron	1.42	Mg	Protein	23.80	G	Percent ⇒	Protein	50.03%
Cholesterol	66	Mg	Calcium	72.98	Mg	Carbohydrates	9.73	G	Of ⇒	Carbohydrates	20.44%
Sodium	119	Mg	Vitamin A	44	RE	Total Fat	5.56	G	Calories ⇒	Total Fat	26.29%
Dietary Fiber	0.35	G	Vitamin C	0.45	Mg	Saturated Fat	1.53	G	From ⇒	Saturated Fat	7.25%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available
If using purchased chicken pieces, refer to the Food Buying Guide or check CN labels

Miscellaneous Notes: