Fried Chicken (552)

(Fried Chicken MC552)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut, frzn	20 lb		40 lb			1. Rinse chicken in cold water. Drain well.
Flour, all purpose, white, enriched, bleached	12 oz	1 ½ pint	1 lb 8 oz	3 pints		2. Combine flour, salt, pepper, and paprika.
Table salt		1 oz		2 oz		
Black pepper		½ Tsp		1 Tsp		
Paprika		2 Tsp		1 Tbsp 1 Tsp		
						3. Heat vegetable oil in deep-fat fryer to 325 F.
						4. Dredge chicken in seasoned flour. Shake off excess.
						5. Place chicken in deep-fat fryer. Cover. (Cook similar cuts of chicken at same time. Cooking time ranges from 15-25 minutes depending on size of meat.) *CCP: Internal temperature of product must register 165° F for 15 seconds or longer.*
						6. Transfer to steamtable pans for serving or store in warmer until ready for service. *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*
						7. Portion 1 breast , or 1 drumstick and 1 wing, or 1 thigh with back per serving.

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Fried Chicken (Continued)

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

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

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

Calories	243		Iron	1.31	Mg	Protein	22.02	G	Percent ⇒	Protein	36.27%
Cholesterol	65	Mg	Calcium	12.70	Mg	Carbohydrates	6.57	G	Of ⇒	Carbohydrates	10.82%
Sodium	338	Mg	Vitamin A	18	RE	Total Fat	13.74	G	Calories ⇒	Total Fat	50.93%
Dietary Fiber	0.26	G	Vitamin C	0.08	Mg	Saturated Fat	3.56	G	From ⇒	Saturated Fat	13.21%

Production Notes:

Serving Notes:

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

Miscellaneous Notes:

Chicken Tenders, Fried (548)

(Chicken Tenders, Fried MC548)

Meat/Meat Alternate – Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken tenders.....	.....	150 tender.....	.....	300 tender.....	.....	1. Count out number of frozen chicken tenders needed to provide 2 oz meat/meat alternate. 2. Fry according to package directions. CCP: Heat product to minimum temperature of 140°F.
						3. Place fried chicken tender in steamtable pans and cover pans with aluminum foil. Cut holes in foil and place in warmer until ready for service.
						4. Portion 3 chicken tenders 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 and 1 grain/bread

Yield: 50 servings: 150 chicken tenders
100 servings: 300 chicken tenders

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Chicken Tenders, Fried (Continued)

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

Calories	208		Iron	0.71	Mg	Protein	16.85	G	Percent ⇒	Protein	32.40%
Cholesterol	40	Mg	Calcium	19.82	Mg	Carbohydrates	12.88	G	Of ⇒	Carbohydrates	24.77%
Sodium	585	Mg	Vitamin A	0	RE	Total Fat	10.03	G	Calories ⇒	Total Fat	43..39%
Dietary Fiber	2.97	G	Vitamin C	0.00	Mg	Saturated Fat	2.13	G	From ⇒	Saturated Fat	9.21%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Tenders, Baked (546)

(Chicken Tenders, baked MC546)

Meat/Meat Alternate –Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken tenders.....	.....	150 tenders....	.....	300 tenders...	.....	1. Count out number of frozen chicken tenders needed to provide 2 oz meat/meat alternate for number of servings needed. Three tenders provide a 2 ounce portion. 2. Place frozen chicken tenders on sheet pans (18"x 26"x 1") coated with food release spray.
						3. Bake according to package directions. (Prepare in batches to maintain quality. Heat product to minimum temperature of 140° F.
						4. Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. 5. Serve 3 tenders per portion. *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 and 1 grain/bread

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

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Chicken Tenders, Baked (Continued)

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

Calories	188		Iron	0.71	Mg	Protein	16.85	G	Percent ⇒	Protein	35.77%
Cholesterol	40	Mg	Calcium	19.82	Mg	Carbohydrates	12.88	G	Of ⇒	Carbohydrates	27.35%
Sodium	585	Mg	Vitamin A	0	RE	Total Fat	7.81	G	Calories ⇒	Total Fat	37.31%
Dietary Fiber	2.97	G	Vitamin C	0.00	Mg	Saturated Fat	1.82	G	From ⇒	Saturated Fat	8.68%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Parmesan (536)

(Chicken Parmesan 536)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut, frzn	25 lb		50 lb			1. Wash chicken parts and dry.
Flour, all purpose white, enriched, bleached Table Salt Black pepper Cheese, parmesan, grated	8 oz 1 oz ¼ Tsp 1 Cup		1 lb 2 oz	 ½ Tsp 2 Cup		2. Combine flour, salt, pepper, and Parmesan cheese.
Oil, vegetable		1 1/2 Cup		3 Cup		3. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
						4. Coat oiled chicken with seasoned flour mixture.
						5. Arrange chicken on lined sheet pans (18"x26"x1") sprayed with food release. For 50 servings use 2 sheet pans; for 100 servings use 4 sheet pans.
						6. To bake: Conventional oven: 400 °F, 45-55 minutes Convection oven: 350° F, 30-55 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking of cooking process.*
						7. Transfer to steamtable pans (12" x 20" x 2 ½ ") for serving or store in warmer until ready for service. *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.*

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Chicken Parmesan (Continued)

						8. Portion 1 breast or 1 drumstick and 1 wing, or 1 thigh with back per serving.

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

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

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

Calories	222		Iron	1.12	Mg	Protein	22.42	G	Percent ⇒	Protein	40.36%
Cholesterol	67	Mg	Calcium	39.33	Mg	Carbohydrates	3.54	G	Of ⇒	Carbohydrates	6.38%
Sodium	320	Mg	Vitamin A	15	RE	Total Fat	12.59	G	Calories ⇒	Total Fat	51.02%
Dietary Fiber	0.13	G	Vitamin C	0.00	Mg	Saturated Fat	2.74	G	From ⇒	Saturated Fat	11.10%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available
If using purchased chicken pieces, refer to the Food Buying Guide.

Miscellaneous Notes:

Chicken Nuggets, Fried (534)

(Chicken Nuggets, fried MC534)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Nuggets.....	10 lb 5 oz.....	250 nuggets..	20 lb 10 oz...	500 nuggets...	.....	1. Count out number of frozen chicken nuggets needed to provide 2 oz meat/meat alternate. Check on label for correct # of nuggets. 2. Fry according to package directions CCP: *Keep product frozen until ready to cook. Remove from freezer only what you can process in 20 minutes or less. Internal temperature of product must register 140° F for 15 seconds at completion of cooking process.*
						3. Place fried nuggets in steamtable pans and cover pans with aluminum foil. Cut holes in foil and place in warmer until ready for service.
						4. Serve # of nuggets listed on CN label to provide 2 oz meat/meat alternate. *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: 5 chicken nuggets provides 2-oz meat/meat alternate

Yield: 50 servings: 250 nuggets
100 servings: 500 nuggets

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Chicken Nuggets, Fried (Continued)

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

Calories	238		Iron	1.00	Mg	Protein	13.00	G	Percent ⇒	Protein	21.89%
Cholesterol	100	Mg	Calcium	18.00	Mg	Carbohydrates	12.00	G	Of ⇒	Carbohydrates	20.21%
Sodium	490	Mg	Vitamin A	15	RE	Total Fat	13.85	G	Calories ⇒	Total Fat	52.48%
Dietary Fiber	0.00*	G	Vitamin C	1.00	Mg	Saturated Fat	3.13	G	From ⇒	Saturated Fat	11.85%

Production Notes:

Serving Notes:
To maintain quality, batch cook only what can be served in a 30 minute period

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Nuggets, Baked(532)

(Chicken Nuggets Bkd MC532)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Nuggets.....	.....	250 nugget....	.....	500 nugget.....	.....	1. Preheat oven to 350° F or temperature indicated on package directions.
						2. Count out number of frozen chicken nuggets needed to provide 2 oz meat/meat alternate. Check CN label for correct number of nuggets. 3. Place frozen chicken nuggets on lined sheet pan (18" X26"X1") coated with food release spray. (Prepare in batches to maintain quality.) Keep product frozen until ready to cook. Remove from freezer only what you can process in 20 minutes or less.
						4. Bake according to package directions. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process.*
						5. Remove from oven and cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for service. 6. Serve # of nuggets listed on CN label to provide 2 oz meat/ meat alternate. *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: 5 chicken nuggets provide 2-oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 250 chicken nuggets
100 servings: 500 chicken nuggets

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Chicken Nuggets, Baked (Continued)

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

Calories	222		Iron	1.00	Mg	Protein	13.00	G	Percent ⇒	Protein	23.37%
Cholesterol	100	Mg	Calcium	18.00	Mg	Carbohydrates	12.00	G	Of ⇒	Carbohydrates	21.58%
Sodium	490	Mg	Vitamin A	15	RE	Total Fat	12.15	G	Calories ⇒	Total Fat	49.15%
Dietary Fiber	0.00*	G	Vitamin C	1.00	Mg	Saturated Fat	2.87	G	From ⇒	Saturated Fat	11.62%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum quality

Purchasing Guide:
Use commodity products when available.
Read CN label to insure manufacturer's recommendations for meeting meal component.

Miscellaneous Notes:

Breaded Chicken Fiesta Melt (513)

(Breaded Chicken Fiesta Melt MC513)

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

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken patties, brd, 3 oz.....	50 Patties.....	.....	100 Patties....	.....	.....	1. Place precooked breaded chicken breast patties on bun pan.
Salsa, medium.....	.....	3 ¼ Cup.....	.....	6 ½ Cup.....	.....	2. Spoon 1 Tbsp of salsa in center of each patty.
Cheese, Mozzarella, shredded.....	1 lb 9 oz.....	.....	3 lb 2 oz.....	.....	.....	3. Top each patty with ½ oz of cheese.
						4. Bake according to package directions. *CCP: Heat product to minimum temperature of 140 F.*
						5. Place patties in a single layer on steamtable pan (12"x20"x1"). Serve immediately or place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*
						6. Portion 1 patty per serving.

Serving: Each patty provides 2 ½ oz. meat/meat alternate per patty

Yield: 50 servings: 50 patties
100 servings: 100 patties

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Breaded Chicken Fiesta Melt (Continued)

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

Calories	259		Iron	1.19	Mg	Protein	14.62	G	Percent ⇒	Protein	22.56%
Cholesterol	89	Mg	Calcium	115.90	Mg	Carbohydrates	11.14	G	Of ⇒	Carbohydrates	17.18%
Sodium	780	Mg	Vitamin A	52	RE	Total Fat	17.29	G	Calories ⇒	Total Fat	60.02%
Dietary Fiber	0.44	G	Vitamin C	0.94	Mg	Saturated Fat	5.08	G	From ⇒	Saturated Fat	17.64%

Production Notes:

Serving Notes:
Prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available
Pre-sliced cheeses are available in different cuts; weigh cheese slice for accurate serving size.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality when reheated to the correct temperature.