



# 285 Chipotle Chicken Fajita Rice Bowl

**Category:** Lunch Entree

**Serves:** 50 (2 cup)

**HACCP Process:** None



| ALLERGENS         | DIETARY RESTRICTIONS | RELIGIOUS RESTRICTIONS |
|-------------------|----------------------|------------------------|
| Milk, Soybean Oil | None                 | None                   |

| PICKLIST   |
|--|
| 1 5# bag of Cheese, Mozzarella, Shredded, Part Skim (, 5 pints of Cherry Tomatoes, 2 5# bags of Chicken Fajita Strip Meat (USDA), 1 5.5# container of Chili Powder (5# container), 1 Gallon of Oil, Vegetable (USDA), 1 5# bag of Onion, Red, Fresh, 1 18 oz cont of Pepper, Black, 1 case of Salsa Thick and Chunky Mild, 3 Teaspoons of Salt, Table, 35 cup(s)s of Water |

| # | INGREDIENTS   | INSTRUCTIONS  |
|---|---|---|
| 1 | 1/4 x Cup and 1/2 x Teaspoon of Oil, Vegetable (USDA)<br>12 x cup(s) of Green Peppers<br>12 x Cup of Cherry Tomatoes<br>24 x 1/2 cup diced of Onion, Red, Fresh<br>1/4 x Cup of Chili Powder (5# container)<br>1 x TBSP of Salt, Table<br>2 x Teaspoon of Pepper, Black | Slice all vegetables and toss with oil, chili powder, salt and pepper. Lay on lined sheet pan and bake for 15-20 minutes or until roasted or browned. Remove from oven and keep warm at 141° F or higher.<br><b>Control Measures:</b> Wash Hands/ Replace Gloves , After Cook Temperature |
| 2 | 6 x Pound and 4 x Ounce of Chicken Fajita Strip Meat (USDA)<br>3 x Pound and 2 x Ounce of Salsa Thick and Chunky Mild   | Reheat fajita chicken and salsa covered in oven to 165° F and hot hold.<br><b>Control Measures:</b> After Cook Temperature  |
| 3 | 100 x 1/2 cup of Brown Rice Recipe  | Make rice ahead of time.  |
| 4 | 2 x Pound of Cheese, Cheddar, Shredded, Red. Fat (USDA)<br>1 x Pound and 2 x Ounce of Cheese, Mozzarella, Shredded, Part Skim (   | Mix cheese together.  |

| NOTES   |
|---|
| Top 1 cup brown rice with 2 oz chicken, 1/2 cup roasted vegetables, and 1/2 oz cheese. Serve Warm.                  |
| Recipe makes 50 servings.   |
| Grain: 1 cup brown Rice = 2 oz equivalent Grains<br>M/MA: 100 oz diced chicken/ 50 servings = 2 oz equivalents M/MA |

| NUTRIENT           | 2 CUP          |
|--------------------|----------------|
| Calories           | 426.4818 kcals |
| Saturated Fat      | 6.0526 g       |
| Sodium             | 881.8886 mg    |
| Total Carbohydrate | 55.3543 g      |

<sup>1</sup> Nutrient components missing



| SERVING SIZE | MEAL CONTRIBUTION   |
|--------------|---|
| 2 cup        | 2.500 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains), 0.500 cups Vegetables, 0.250 cups Red/Orange (Vegetables), 0.250 cups Other (Vegetables) |



# 906557 Onion, Red

Category: Vegetables and Vegetable Products

Serves: 24 (1/2 cup diced)

HACCP Process: None



| ALLERGENS | DIETARY RESTRICTIONS | RELIGIOUS RESTRICTIONS |
|-----------|----------------------|------------------------|
| None      | None                 | None                   |

| # | INGREDIENTS                             | INSTRUCTIONS |
|---|---|--------------|
| 1 | 24 x 1/2 up sliced of Onion, Red, Fresh |              |

| NOTES   |
|---|
| FBG (Column 3 & 4) 1# FRESH ONION = 4.65 (1/2 cup) servings diced onion = <b>.5 OTHER VEGETABLE</b> |
| FBG (Column 3 & 4) - 1# FRESH ONION = 7 (1/2 cup) servings sliced onion = <b>.5 OTHER VEGETABLE</b> |

| NUTRIENT           | 1/2 CUP DICED |
|--------------------|---------------|
| Calories           | 21.5625 kcals |
| Saturated Fat      | 0 g           |
| Sodium             | 1.7969 mg     |
| Total Carbohydrate | 5.3906 g      |

<sup>1</sup> Nutrient components missing

| SERVING SIZE  | MEAL CONTRIBUTION |
|---------------|-------------------|
| 1/2 cup diced |                   |



# 72 Brown Rice Recipe

Category: Lunch Entree

Serves: 100 (1/2 cup )

HACCP Process: Process #2 (Same Day Service)



| ALLERGENS | DIETARY RESTRICTIONS | RELIGIOUS RESTRICTIONS |
|-----------|----------------------|------------------------|
| None      | None                 | None                   |

| # | INGREDIENTS   | INSTRUCTIONS   |
|---|---|--|
| 1 |   | Spray pans and add rice<br>Add water<br>Pressure cook until most of the water is absorbed (about 50 minutes)<br>Oven:<br>Combine rice and water in a 4" hotel pan. Stir, cover, and bake in a 300° for 1.5 hours |
| 2 | 2 gallons 1/3 quart of Water<br>4 1/4 x Quart, dry of Rice, Brown, Whole Grain, Parboiled(USDA) |  |

| NOTES   |
|---|
| FBG (Group H) (1 oz) = 0.5 cooked... 2 quarts = 24 cups cooked- 48 1/2 cups cooked = <b>1 GRAIN</b> |

| NUTRIENT           | 1/2 CUP        |
|--------------------|----------------|
| Calories           | 113.3333 kcals |
| Saturated Fat      | 0 g            |
| Sodium             | 2.3643 mg      |
| Total Carbohydrate | 24 g           |

<sup>1</sup> Nutrient components missing

| SERVING SIZE | MEAL CONTRIBUTION |
|--------------|-------------------|
| 1/2 cup      |                   |