## **DUNLAP SCHOOL DISTRICT 323**

Page 1 Recipe Sizing Report Dec 11, 2014

000347 - CHICKEN & NOODLES : M.H.	Attributes
HACCP Process: No HACCP Process	
Number of Portions: 200	
Size of Portion: 1 CUP SERVINGS	
Alternate Recipe Name: PG: CHICKEN & NOODLES	

Ingredients	Measures	Instructions
005126 CHICKEN,STEWING,MEAT ONLY,CKD,STWD	20 LBS (ckd wgt,e/p)	
020310 NOODLES,EGG,CKD,ENR,W/ SALT	20 lbs	
095505 Chicken Base,Gold Label:CUSTOM	2 lbs	
097614 Chicken Gravy, DRY: NIFDA #12111	2 lbs + 13 1/4 ozs	
000006 SOUP,CREAM OF CHICKEN,CONDENSED	5 #3 CYL.	
014429 WATER,MUNICIPAL	10 gals	
002030 PEPPER,BLACK	1 Tbsp	
002047 SALT,TABLE	2 Tbsp	

## \*Nutrients are based upon 1 Portion Size (1 CUP SERVINGS)

Calories	236 kcal	Cholesterol	*54* mg	Sugars	*0.2* g	Calcium	*27.14* mg	35.61% Calories from Total Fat
Total Fat	9.34 g	Sodium	778 mg	Protein	18.09 g	Iron	*1.50* mg	*8.38%* Calories from Saturated Fat
Saturated Fat	*2.20* g	Carbohydrates	18.94 g	Vitamin A	*223.5* IU	Water <sup>1</sup>	309.92 g	*0.03%* Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.01* g	Dietary Fiber	*0.62* g	Vitamin C	*0.1* mg	Ash <sup>1</sup>	3.61 g	32.08% Calories from Carbohydrates
								30.64% Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>&</sup>lt;sup>1</sup> - denotes optional nutrient values

<sup>&</sup>lt;sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.