

# Recipe Prep Sheet

Coppell Independent School District

## 990090 - Ramen Cups, Chicken

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 20

Portion Size: Servings

| Ingredient # | Ingredient Name                         | Measurements | Instructions  |
|--------------|---|--------------|---|
| 990446       | Yakisoba Noodles, Non-WG                | 1 Bag        | <p><b>CCP:</b> Pre-prep Steps for Safe Food Handling</p> <ol style="list-style-type: none"> <li>1. Sanitation Instructions: Food prep areas, equipment and utensils to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.</li> <li>2. Getting Ready: 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.</li> <li>3. Personal Hygiene: 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.</li> <li>4. Beginning Temperatures: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.</li> </ol> <ol style="list-style-type: none"> <li>1. Get the cooking and draining location ready. You need tongs and a strainer big enough to hold all the cooked noodles.</li> <li>2. Place thawed noodles in a hotel pan deep enough for water to easily cover the noodles by 1 inch.</li> <li>3. Gently, break up noodles with your hands.</li> <li>4. Cover the noodles with hot water (Hatco Hot Water dispenser)</li> <li>5. Using tongs, continue to break up the noodles.</li> <li>6. After ONE MINUTE, drain the noodles.</li> <li>7. Coat with a tablespoon or less of canola oil. Cannot be done more than 2 hours in advance.</li> </ol> |
| 903253       | CHICKEN, GRILLED FAJITA STRIPS, PROVIEW | 3/8 CASE     | <ol style="list-style-type: none"> <li>1. Place thawed chicken in a 2 inch, full sized hotel pan.</li> <li>2. Cover with foil.</li> <li>3. Heat in a 350° oven until the meat reaches 165°.</li> <li>4. Cut coarsely. We have found a metal bench scraper works very well.</li> <li>5. Add 3oz Chicken to cup of noodles.</li> </ol>  |

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

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

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

**NOTICE:** The data contained within this report and the Mosaic® 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.

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\*Nutrients are based upon 1 Portion Size (Servings)

|                            |              |                        |           |                     |          |           |          |                                     |
|----------------------------|--------------|------------------------|-----------|---------------------|----------|-----------|----------|-------------------------------------|
| Calories <sup>1</sup>      | 331.248 kcal | Total Fat              | 4.525 g   | Total Dietary Fiber | 2.000 g  | Vitamin C | 1.215 mg | 12.294% Calories from Total Fat     |
| Saturated Fat <sup>1</sup> | 0.000 g      | Trans Fat <sup>2</sup> | 0.000 g   | Protein             | 22.200 g | Iron      | 3.064 mg | 0.000% Calories from Sat Fat        |
| Sodium <sup>1</sup>        | 606.740 mg   | Cholesterol            | 50.624 mg | Vitamin A           | 0.000 IU | Water     | *N/A* g  | 0.000% Calories from Trans Fat      |
| Sugars                     | 1.000 g      | Carbohydrate           | 46.025 g  | Calcium             | 0.000 mg | Ash       | *N/A* g  | 55.578% Calories from Carbohydrates |
| Moisture Change            | 0.000 %      | Fat Change             | 0.000 %   | Portion Cost        | \$0.000  |           |          | 26.808% Calories from Protein       |
| Type of Fat                | -            |                        |           |                     |          |           |          |                                     |

|                   |       |       |       |           |     |
|-------------------|-------|-------|-------|-----------|-----|
| <b>Components</b> |       |       |       |           |     |
| Meat/Meat ALT     | oz eq | Grain | oz eq | Fruit     | cup |
|                   |       |       |       | Vegetable | cup |
|                   |       |       |       | Milk      | cup |

|                  |     |       |  |  |  |  |  |
|------------------|-----|-------|--|--|--|--|--|
| <b>Allergens</b> |     |       |  |  |  |  |  |
| Egg              | Soy | Wheat |  |  |  |  |  |

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