

# DUNLAP SCHOOL DISTRICT 323

**Recipe: 000948 CHICKEN TIKKA MASALA BOWL**

Recipe Source: FARMINGTON HIGH  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name: CHICKEN TIKKA MASALA

Number of Portions: 65  
 Size of Portion: EACH

051426 RICE, BROWN, LONG GRAIN, PARBOILED, DRY..... 014429 WATER, MUNICIPAL..... 902570 MARGARINE, REG, HARD, CORN&SOYBN (HYDR)&CTTNSD (... 902504 CHICKEN BASE, GOLD LABEL, CUSTOM, NEW.....	8 LB 3 QT + 1 QT 1 TBSP 3 SERV, 1TSP	WATER, RICE MARGARINE AND 3 TSP. OR 1 TBS CHICKEN BASE, DIVIDE INTO 2-2" STEAMTABLE PANS.  PLACE PANS IN STEAMER.  STEAMER- HI HEAT, FAST COOK FOR 40 MINUTES
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY.....	12 LB	PLACE DICED CHICKEN INTO 2" STEAMTABLE PAN.  PLACE PAN IN STEAMER- LOW TEMP- 175° TILL TEMP AT 165°
902858 TIKKA MASALA SAUCE, MONSOON, 2/4#GFS 251322.....	8 LB	PLACE TIKKA MASALA SAUCE INTO 4" HALF STEAMTABLE PAN.  PLACE PAN IN STEAMER- LOW TEMP- 175° TILL TEMP AT 165°
011282 ONIONS, RAW..... 011206 CUCUMBER, PEELED, RAW.....	4 LB, chopped 4 LB	DICE ONIONS AND CUCUMBERS PLACE IN PANS TO LET STUDENTS SERVE THEM SELVES.
902667 LOCO BREAD WG 6.5", 12-12CT FATHERSTABLE.....	16 BREAD, 6.5"	SLICE FLATBREAD INTO 8 TRIANGLES. PLACE IN 2" STEAMTABLE PAN, PLACE IN HOT WARMING UNIT FOR 15 MINUTES TO WARM.  1 SERVING= 3z MEAT/MEAT ALTERNATE, 2.5z GRAIN, .375z VEGETABLE.  1 SERVING CONSISTS OF: SCOOP 1 CUP RICE INTO FOAM BOWL, 1 - 3z SPOODLE OR GREEN SCOOP OF DICED CHICKEN OVERTOP OF RICE.  1- 2z SPOODLE OR BLUE SCOOP OF TIKKA MASALA SAUCE OVER CHICKEN. THEN ADD 2 TRIANGLES OF FLATBREAD INSIDE OF BOWL. OFFER WITH CHOPPED ONION AND CUCUMBERS

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

**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.**

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Calories	416 kcal	Cholesterol	81.70 mg	Sugars	*3.53* g	Calcium	41.58 mg	18.23%	Calories from Total Fat
Total Fat	8.43 g	Sodium	342.35 mg	Protein	33.55 g	Iron	2.81 mg	3.27%	Calories from Saturated Fat
Saturated Fat	1.51 g	Carbohydrates	54.42 g	Vitamin A	322.24 IU	Water <sup>1</sup>	*110.19* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.55 g	Vitamin C	5.31 mg	Ash <sup>1</sup>	*0.26* g	52.31%	Calories from Carbohydrates
								32.25%	Calories from Protein

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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 3.000 oz				? - Milk
Grain..... 2.500 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.375 cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	051426	RICE, BROWN, LONG GRAIN, PARBOILED, DR			
I	014429	WATER, MUNICIPAL			
I	902570	MARGARINE, REG, HARD, CORN&SOYBN (HYD			
I	902504	CHICKEN BASE, GOLD LABEL, CUSTOM, NEW			
I	050420	CHICKEN, DICED, COOKED, IQF, MEAT ONLY			
I	902858	TIKKA MASALA SAUCE, MONSOON, 2/4#GFS 2			
I	011282	ONIONS, RAW			
I	011206	CUCUMBER, PEELED, RAW			
I	902667	LOCO BREAD WG 6.5", 12-12CT FATHERSTAB			

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