BBQ Roasted Chicken

Student Feedback

"I don't like chicken that much, but I like this chicken."
— 1st Grade Student

♦♦♦

"I love everything about this meal!"
— 2nd Grade Student

♦♦♦

"This is so fun to eat!"
— 3rd Grade Student

♦♦♦

"I wish we could have this meal every day."
— 4th Grade Student

♦♦♦

"This meal smells really good when you walk into the cafeteria."
— 7th Grade Student

♦♦♦

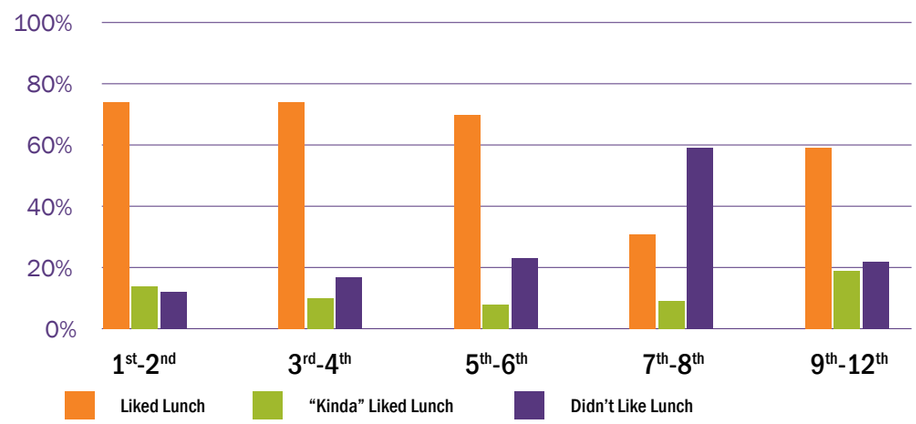
"I would like to have the option of a spicier sauce, like hot wings."
— High School Student

CHEF RECOMMENDS

BBQ Roasted Chicken
Pizza Green Beans
Blueberries
Ranch Potato Wedges
Roll
Low-Fat Milk

Estimated Food Cost
97¢

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
BBQ Roasted Chicken	1 breast, 1 thigh, or 1 drum/1 wing	1 breast, 1 thigh, or 1 drum/1 wing
Pizza Green Beans	¾ cup	¾ cup
Blueberries	½ cup	1 cup
Ranch Potato Wedges	½ cup	½ cup
Roll	1.5 oz.	2 oz.
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.5 Grains .5 cup Fruit 1.25 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.25 cup Vegetable

BBQ ROASTED CHICKEN

Number of Portions: 100

Portion Size: Grades K-12: 1 breast or 1 thigh or 1 drum & wing combination

INGREDIENTS:	K-12 Quantities:
Roasted Chicken	32 ½ lbs.
Ketchup, low-sodium	2 #10 cans
Cider Vinegar	1 quart
Mustard Powder	5 tbsp.
Onion Powder	¼ cup
Brown Sugar	5 cups, unpacked
Celery Seed	¼ cup
Black Pepper	2 tsp.
Cornstarch	1 ¼ cups

DIRECTIONS:

Preheat oven to 375°F.

PREPARE INGREDIENTS:
Thaw chicken.

PREPARE BBQ SAUCE:
Combine all ingredients, except chicken, in a deep steam table pan. Cover and cook at 375°F in oven until heated. BBQ sauce is best if made one day ahead of time. Store in refrigerator.

PREPARE CHICKEN:
Follow manufacturer's instructions to heat chicken. During the last 7 minutes of baking, brush or spread BBQ sauce onto the full surface of each chicken piece. Chicken is done when internal temperature reaches 165°F.

RECIPE CONTRIBUTIONS

	GRADES K-12
Meats/MA Contribution	**2 oz. eq.**
Meats/MA Total	*2*
Chicken	2

CALORIES
GRADES K-12
273

SATURATED FAT
GRADES K-12
3.53g

SODIUM
GRADES K-12
824mg

DIRECTIONS:

PREPARE INGREDIENTS:
Drain cans of diced tomatoes.

COOK DISH:
Mix undrained green beans, drained tomatoes, and oregano together, and bring to a boil. Reduce heat and simmer for 5 minutes. Serve using a slotted spoon to remove juices.

RECIPE CONTRIBUTIONS

	GRADES K-12
Vegetables Contribution	**.75 cup**
Vegetables Total	.77
Green Beans	.51
Tomatoes	.26

PIZZA GREEN BEANS

Number of Portions: 100
Portion Size: Grades K-12: ¾ cup

INGREDIENTS:	K-12 Quantities:
Diced Tomatoes, low-sodium	2 #10 cans
Green Beans, low-sodium	4 ½ #10 cans
Dried Oregano	1 cup

CALORIES
GRADES K-12
42

SATURATED FAT
GRADES K-12
.05g

SODIUM
GRADES K-12
273mg

Chef Brenda's Tips

- Many of the students asked for spicier foods; with this meal, the high school students asked for hot wings. You could adapt this recipe to make it hotter by adding a hot sauce to the BBQ sauce recipe.
- Don't be afraid to use raw chicken. This recipe works for either pre-cooked roasted chicken or raw chicken, you just have to adapt the cooking time. Raw drumsticks are very inexpensive to purchase and work great for this recipe.
- It is very important to add low-sodium seasonings to your canned vegetables. They will taste better and students will be more likely to eat them. Mixing vegetables like green beans and tomatoes changes the flavor profile and adds more variety to your meals.