

Mandarin Chicken Rice Bowl



Student Feedback

"The vegetables taste like my grandma made them. They are so good."

— 1st Grade Student



"I tried green beans for the first time today, and I liked them!"

— 2nd Grade Student



"I like the mix of the different vegetables."

— 5th Grade Student



"I really like the rice and the chicken together."

— 7th Grade Student



"I like the whole meal. It tastes fresh."

— High School Student



"This is better than _____
(popular Chinese fast food chain)."

— High School Student

CHEF RECOMMENDS



Mandarin Chicken Rice Bowl

Stir Fry Vegetables

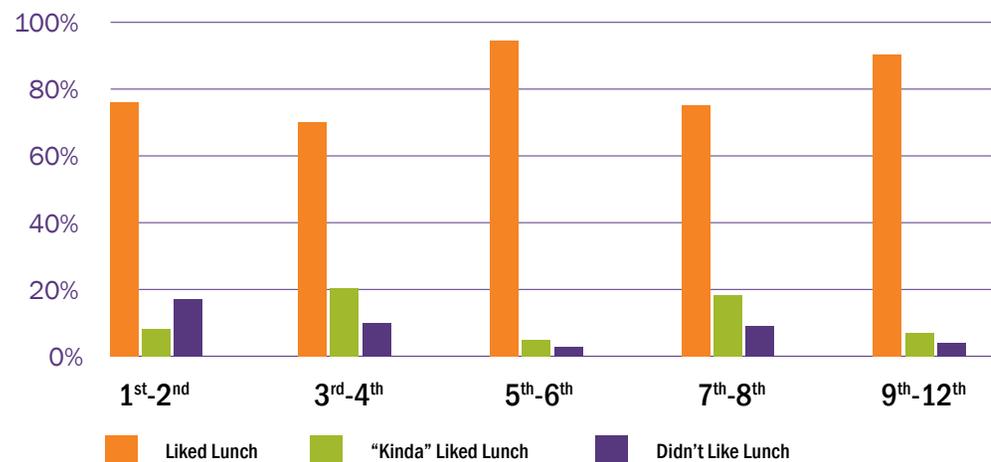
Sliced Pears 🍏

Low-Fat Milk

Estimated
Food Cost

\$1.37

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Mandarin Chicken Rice Bowl	2.5 oz. chicken .5 cup rice 1.4 oz. sauce	3.5 oz. chicken .75 cup rice 2 oz. sauce
Stir Fry Vegetables	.75 cup	1 cup
Sliced Pears	.5 cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.25 Grains .5 cup Fruit .75 cup Vegetable	3 M/MA 2 Grains 1 cup Fruit 1 cup Vegetable

MANDARIN CHICKEN RICE BOWL

Number of Portions: 100

Portion Size: Grades K-12: See instructions

INGREDIENTS:

		K-8 Quantities:	9-12 Quantities:
Ham, cooked, frozen 🍗		1 ½ lbs.	1 ½ lbs.
Carrots, low-sodium 🍷		2 ¾ #10 cans	5 ½ #10 cans
Green Beans, low-sodium 🍷		2 ¼ #10 cans	2 ¼ #10 cans
Green Onions, whole, fresh		1 lb.	1 lb.
Celery, whole, fresh		½ lb.	½ lb.
Eggs, scrambled, frozen 🍗		1 ½ lbs.	1 ½ lbs.
Tangerine Chicken, with sauce 🍗		22 lbs.	31 ¼ lbs.
Water		4 ½ cups	6 ¾ cups
Parboiled Brown Rice (cooked amount) 🍷		3 ⅞ gallons	4 gallons + 11 cups
Peas, frozen 🍷		4 cups	4 cups
Salt		1 tbsp.	1 tbsp.
Soy Sauce, low-sodium		2 ½ cups	2 ½ cups
Snow Peas, whole, fresh		4 ½ lbs.	4 ½ lbs.
Red Cabbage, shredded, fresh		2 ¼ lbs.	2 ¼ lbs.

DIRECTIONS:

PREPARE INGREDIENTS:

Thaw ham. Drain canned carrots and canned green beans. Chop green onions and celery. Dice and brown ham. Heat scrambled eggs in oven, following manufacturer's instructions, and set aside in warmer until needed.

COOK CHICKEN:

Prepare chicken and sauce separately. Follow manufacturer's instructions for chicken.

NOTE: The chicken quantity listed in the ingredients is the weight of the chicken and the sauce together. The chicken portion without sauce is Grades K-8: 15.4 lbs. and Grades 9-12: 22 lbs.

COOK SAUCE:

In a large sauce pan thin sauce with water. For every bag of sauce add 1 ½ cups of water.

Heat to 165 °F. Sauce should have a nectar-like consistency.

PREPARE FRIED RICE:

Cook rice according to package directions.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

To cooked rice add eggs, ham, onions, frozen peas, celery, salt and soy sauce. Stir well. Cover and place in steam table. Add water if needed to keep moist.

PREPARE VEGETABLES:

Option 1: Toss snow peas, green beans, carrots, and red cabbage together and steam for 5-7 minutes or until tender.

Option 2: Toss snow peas, green beans, carrots, and red cabbage together. Bring water in kettle to a boil and cook for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm).

ASSEMBLE DISH:

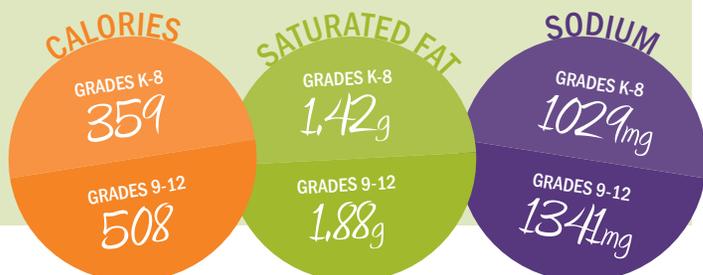
Grades K-8: Serve heaping ½ cup fried rice and ¾ cup steamed veggies. Top with 2.5 oz. chicken without sauce and 1.4 oz. sauce.

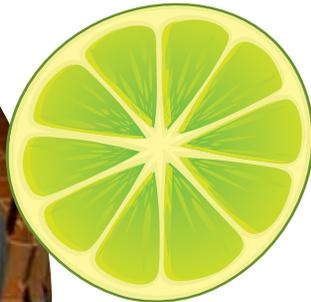
Grades 9-12: Serve heaping ¾ cup fried rice and 1 cup steamed veggies. Top with 3.5 oz. chicken without sauce and 2 oz. sauce.

Serve items individually on trays or use a Chinese to-go box and layer fried rice, steamed veggies, chicken, and sauce.

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	.75 cup	1 cup
<i>Vegetables Total</i>	.846	1.11
Peas	.04	.04
Green Onions	.04	.04
Snow Peas	.128	.128
Green Beans	.26	.26
Carrots	.25	.51
Cabbage	.128	.128
Grains Contribution	1.25 oz. eq.	2 oz. eq.
<i>Grains Total</i>	1.44	2.13
Tangerine Chicken	.44	.63
Rice	1	1.5
Meats/MA Contribution	2 oz. eq.	3 oz. eq.
<i>Meats/MA Total</i>	2.24	3
Tangerine Chicken	1.76	2.52
Ham	.24	.24
Eggs	.24	.24





Chef Brenda's Tips



-  To add more flavor to the rice and vegetables without increasing the sodium in the meal, we decided to thin out the sauce with water, giving the sauce a better consistency. This also allowed schools to use the sauce over the chicken, rice, and veggies, thereby adding flavor to the entire meal.
-  This recipe uses frozen, canned, and fresh vegetables together. This is a great way to cut costs and utilize USDA Foods, while keeping the meal fresh.
-  Cook vegetables right before serving. Keep steam tables on low temperature and do not let vegetables sit in warmers for a long period of time. If steam table is too hot, color of vegetables will turn dull and vegetables will overcook.