

Chicken Sweet & sour with Brown Rice

Yield: 100 servings

Grades: K-5; 6-8; 9-12

INGREDIENTS	100 SERVINGS		SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Chicken , cooked frozen diced	9 ½ lb K-5 12 ½ lb 6-12				1. In a large pot or kettle, combine chicken, vinegar, catsup, sugar and pineapple tidbits. Begin to heat.
Vinegar		1 1/3 cups			
Catsup		1 1/3 cups			
Sugar	1 lb				
Pineapple tidbits, undrained		1 # 10 can			
Water		1 ¼ cup			2. Mix water, cornstarch, ginger and garlic powder. 3. Pour cornstarch mixture slowly into chicken mixture, stirring constantly, until mixture is clear and thickened.
Cornstarch	2/3 lb				
Ginger, ground		1 Tbsp			
Garlic powder		1 tsp			
Carrots, frozen	5 ¼ lb K-5; 6-8 10 ¼ lb 9-12				4. Mix in carrots and peas. 5. CCP: Heat to 165° or higher.
Peas, frozen	5 ¼ lb K-5; 6-8 10 ½ lb 9-12				
Brown Rice, Cooked	6 ¼ lb K-5 12 ½ lb 6-12				6. Serve Chicken and vegetables with brown rice.

Serving Size: K-5 1.5 oz meat/meat alternate; ¼ cup orange vegetable; ¼ cup starchy vegetable; 1 oz eq grain (1/2 cup rice)
 6-8 2 oz meat/meat alternate; ¼ cup orange vegetable; ¼ cup starchy vegetable; 2 oz eq grain (1 cup rice)
 9-12 2 oz meat/meat alternate; ½ cup orange vegetable; ½ cup starchy vegetable; 2 oz eq grain (1 cup rice)