

Kentucky Dept. of Education

001398 - Garden Grilled Veg & Penne Sid

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: serving

Meat/Alt: 3 oz
 Grains: 1.25 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: KY School for the Deaf

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| 903892 PEPPERS RED SWEET,..... 011477 Zucchini..... 011951 Peppers, Yellow Bell,..... 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 799908 Onion, red cut into slices..... 075013 Chicken Breast..... 903564 Whole Grain Penne Pasta..... 903992 Fresh basil, oregano, marjoram mixed..... | 16 Medium 16 medium 16 medium 32 Ounces Cherry, halved 8 large 9 lb. 4 LB 4 CUP | Season chicken tenderloin with salt and pepper. Heat olive oil in skillet, cook chicken until reaches internal temperature of 160 degrees. Remove from skillet and slice. Arrange the zucchini, bell peppers, tomatoes and onion in a single layer on a large rimmed baking sheet. Brush on both sides with olive oil and season with salt and pepper. Arrange the vegetables in a large skillet on medium high heat and cook, turning once. Remove and cut all vegetables into 1 inch pieces except tomatoes. Meanwhile, bring a large pot three-fourths full of salted water to a boil over high heat. Add the pasta, stir well and cook until al dente, about 11 minutes. Drain and transfer to a warmed shallow serving bowl. Add the grilled vegetables. |
| 903993 Cotija Cheese, crumbled..... 903846 Extra Virgin Olive Oil..... 002048 VINEGAR,CIDER..... 799939 GARLIC,RAW..... 050151 ITALIAN SEASONING MIX..... | 4 CUP 1 1/2 CUP 1 CUP 4 TSP, MINCED 4 TSP | Add extra virgin olive oil and mixed fresh herbs; toss to combine. Season with salt and pepper to taste. Sprinkle with cotija cheese and toss to combine. CCP: Hold at 135 degrees or higher for service. Serve 2/3 cup pasta with chicken & vegetable mixture. |

*Nutrients are based upon 1 Portion Size (serving)

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|------------------------|----------|---------------|------------|-----------|-------------|--------------------|------------|---------|-----------------------------|
| Calories | 323 kcal | Cholesterol | *25.67* mg | Sugars | *1.65* g | Calcium | *29.05* mg | 34.07% | Calories from Total Fat |
| Total Fat | 12.25 g | Sodium | 173.56 mg | Protein | 18.40 g | Iron | *0.94* mg | 9.29% | Calories from Sat Fat |
| Saturated Fat | 3.34 g | Carbohydrate | 36.88 g | Vitamin A | *306.04* IU | Water ¹ | *130.39* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | *1.55* g | Vitamin C | *76.38* mg | Ash ¹ | *0.69* g | 45.60% | Calories from Carbohydrates |
| | | | | | | | | 22.75% | 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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.