

Sweet and Sassy Chicken

Meat/Meat Alternate

Main Dishes

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Frozen, cooked chicken breasts, thawed (2 oz portions)	3 lb 2 oz	25 pieces	6 lb 4 oz	50 pieces	1. Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Honey	2 oz	1/4 cup	4 oz	1/2 cup	2. Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken.
Dijon mustard	1 oz	2 Tbsp	2 oz	1/4 cup	
Orange juice		2 Tbsp		1/4 cup	3. Bake until light brown: Conventional Oven: 375 °F for 25 minutes. Convection Oven: 350 °F for 20 minutes. 4. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 5. Remove from oven.
Dried parsley		2 tsp		1 Tbsp	6. Garnish with parsley. 7. Critical Control Point: Hold for hot service at 135 °F or

Marketing Guide for Selected Items

Food as Purchased for

25 Servings

50 Servings

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 chicken breast provides: 2 oz equivalent meat/meat alternate.

CACFP Crediting Information: 1 chicken breast provides: 2 oz meat/meat alternate.

Serving: see Notes	Yield: (not to exceed 27, 54)	Volume:
NSLP/SBP Crediting Information: 1 chicken breast provides: 2 oz equivalent meat/meat alternate.	25 Servings about 3 lb 2 oz	about 25 chicken breasts / 2 sheet pans (18" x 26" x 1")
CACFP Crediting Information: 1 chicken breast provides: 2 oz meat/meat alternate.	50 Servings about 6 lb 4 oz	about 50 chicken breasts / 4 sheet pans (18" x 26" x 1")

Nutrient		Minerals		Vitamins	
Nutrient	% Daily Value				
Total Calories	89.75	Calcium	8.3 mg	Vitamin A	11.93 IU
Protein	15.22 g	Potassium	134.02 mg	Vitamin B6	0.31 mg
Carbohydrates	2.73 g	Sodium	240.11 mg	Vitamin B12	0.17 mcg
Dietary Fiber	0.01 g	Copper	0.03 mg	Vitamin C	0.48 mg
Total Sugars	1.83 g	Iron	0.54 mg	Vitamin D	2.53 IU
Total Fat	1.78 g	Magnesium	15.02 mg	Vitamin E	0.14 mg AT
Saturated Fat	0.51 g	Phosphorus	115.92 mg	Vitamin K	0.7 mcg
Monounsaturated Fat	0.61 g	Selenium	13.98 mcg	Folate	2.56 mcg
Polyunsaturated Fat	0.39 g	Zinc	0.51 mg	Thiamin	0.04 mg
Linoleic Acid	0.33 g			Riboflavin	0.06 mg
α -Linolenic Acid	0.04 g			Niacin	6.95 mg
Cholesterol	43.03 mg			Choline	43.3 mg