

Kentucky Dept. of Education

001413 - Wildcat Grilled Chicken Mac

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 oz
 Fruit: 0 Cup
 Vegetable: 0.125 Cup
 Milk: 0 Cup

Alternate Menu Name: Bath County HS

075013 Chicken Breast..... 8 lb.		Preheat oven to 350 degrees. Cut chicken breasts in half, then thinly slice. Heat grill pan over high heat. Coat the chicken in extra virgin olive oil and season with salt adpepper, grill about 12 minutes, turning occassionaly, then set aside.
904015 Bowtie Pasta, Whole Grain..... 4 LB 903604 Bacon..... 4 LB		Cut bacon into small pieces and fry in skillet until crispy. Drain, set aside. Bring water in saucepot to a boil for the pasta. Salt the water, add pasta and undercook by 1 minute.
902822 MARGARINE..... 3 CUP 903994 Panko Breadcrumbs..... 4 CUP 799939 GARLIC,RAW..... 8 cloves, minced 051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED... 1 1/2 CUP 000084 CHICKEN STOCK..... 8 CUP 902456 Worcestershire Sauce Chef's Companion..... 8 (1 TBSP) 904016 Heavy Whipping Cream..... 128 OZ 051558 Cheese, Mozzarella, Lite, Shredded..... 12 CUP 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 4 CUP, chopped or sliced		While pasta cooks, melt half the margarine in separate saucepan. Spoon out and toss with panko to moisten. Combine with 3 cups cheese. Melt remaining half of margarine in saucepan. Add garlic, coarse black pepper, stir 2 minutes then whisk in flour, then stock, milk, worcestershire, thicken until coats a spoon. Stir in remaining cheese. Stir in diced tomatoes. Drain pasta. Combine with sauce and chicken. Transfer to a casserole and top with the panko crumbs. Bake 10-15 minutes or until topping is browned.
CCP: Hold at 135 degrees for service. Serve 1 cup.		

*Nutrients are based upon 1 Portion Size (serving)

Calories	876 kcal	Cholesterol	*43.02* mg	Sugars	*0.00* g	Calcium	*8.30* mg	61.09%	Calories from Total Fat
Total Fat	59.45 g	Sodium	1287.22 mg	Protein	37.38 g	Iron	*0.60* mg	33.12%	Calories from Sat Fat
Saturated Fat	32.23 g	Carbohydrate	38.14 g	Vitamin A	*132.49* IU	Water ¹	*14.47* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*0.29* g	Vitamin C	*2.21* mg	Ash ¹	*0.08* g	17.42%	Calories from Carbohydrates
								17.07%	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.