



Yumi Rice Bowl

Recipe-Yumi's "Fun-Raising" Rice Bowl

Rice, white, enriched
 Water, boiling
 Salt
 Carrots, shredded
 Oil
 Spinach, fresh, trimmed
 Green beans, fresh
 Chicken breast, boneless, skinless, diced
 Teriyaki sauce
 Tomatoes, fresh, diced

7.5 lbs. (elementary) or 11.25 lbs. (secondary)
 1 gal., 2 qts. (elementary) or 2 gals., 1 qt. (secondary)
 1 Tbsp., 1 tsp. (elementary) or 2 Tbsps., 2 tsps. (secondary)
 9 lbs.
 1 cup
 9 lbs.
 9 lbs.
 18 lbs.
 1 gal., 2 cups
 9 lbs.

Menu-Yumi's Recount Rice Bowl Dinner

Items	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Prep
Chicken Teriyaki	3/4 cup	2 ozs. meat/ meat alternate, 3/4 cup fruit/ vegetable	3/4 cup	2 ozs. meat/ meat alternate, 3/4 cup fruit/ vegetable	At right or D101*	Use plenty of vegetables and low-sodium sauce.
Rice	1/2 cup	1 grain/bread	3/4 cup	1 1/2 grains/ breads	—	Use brown rice; boil, don't fry, it.
Whole-Wheat Roll	2 ozs.	2 grains/breads	2 ozs.	2 grains/breads	USDA (B16)■	Use whole-wheat flour.
Orange-Pineapple Gelatin	1 serving	1/2 cup fruit/ vegetable	1 serving	1/2 cup fruit/ vegetable	USDA (C11)■	Use canned fruit or unsweetened applesauce; nuts are optional.
Milk	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	—	Offer lowfat and skim.

Elementary Per Serving: 694.9 cal., 29.5 g pro., 107.1 g carb., 8.5 g fiber, 14.9 g fat, 2.1 g sat. fat, 51.5 mg chol., 1,339.4 mg sod., 12, 363.8 IU vit. A, 48.2 mg vit. C, 441.8 mg ca., 6.7 mg iron

Secondary Per Serving: 761.6 cal., 37.5 g pro., 117.14 g carb., 8.9 g fiber, 17.1 g fat, 3.4 g sat. fat, 58.3 mg chol., 1,344.7 mg sod., 12, 345.6 IU vit. A, 48.2 mg vit. C, 435.7 mg ca., 7.4 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 3 grains/breads (elementary) or 3 1/2 grains/breads (secondary), 1 1/4 cups fruits/vegetables, 1 milk

*Available at www.schoolnutrition.org/vote.

■ You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.

1. Divide the rice into full-size, steamtable pans (four pans for elementary or six pans for secondary). Per pan, add salt and 1 qt., 2 cups of water.
Critical Control Point: Cover the pans and bake at 350°F for 30 minutes.
Control Point: Remove the pans from the oven and hold for hot service at 135°F or higher.

2. Sauté the carrots in 1 cup of oil for 4 minutes. Add the spinach and green beans and continue to sauté the ingredients for 2 minutes. Divide the mixture in the steamtable pans and keep it warm.

3. Sauté the chicken in 2 cups of oil for 3-4 minutes. Add the teriyaki sauce and vegetables. **Critical Control Point:** Heat this mixture to 165°F or higher for 15 seconds.

4. **Control Point:** Hold the dish for hot service at 135°F or higher.

5. Per elementary student customer, portion two, rounded #10 scoops (or 3/4 cup) of the chicken mixture over a #8 scoop (or 1/2 cup) of the rice. Per secondary student customer, portion the same amount of chicken mixture, but over a #6 scoop (or 3/4 cup) of the rice. For either type of serving, top it with 2 Tbsps. diced tomatoes.

Yield: 100 servings (elementary or secondary)

Per Serving Elementary: 318.9 cal., 20 g pro., 41 g carb., 4.6 g fiber, 8.8 g fat, 1.1 g sat. fat, 39.4 mg chol., 797.34 mg sod., 9,999.5 IU vit. A, 27.5 mg vit. C, 102.6 mg ca., 4.2 mg iron

Per Serving Secondary: 367.5 cal., 21.1 g pro., 51.3 g carb., 5 g fiber, 8.9 g fat, 1.1 g sat. fat, 39.4 mg chol., 798.1 mg sod., 9,999.5 vit. A, 27.5 mg vit. C, 110.1 mg ca., 4.9 mg iron

Recipe analysis: SNA, using WINSNAP (ver. 2.1.6)