

Champion Chicken-And-Orange Rice

Items	Elementary Serving Size	Secondary Serving Size	Recipe	Healthy Preparation Tips
Chicken-and-Orange Rice	1 cup	1½ cups	SNA ¹	
Broccoli	½ cup	¾ cup		
Apple	1	1		
Mandarin Oranges	½ cup	½ cup		Use a variety packed in light syrup
Fortune Cookie*	1 cookie			
Whole-Grain Egg Roll*		1 egg roll		Use a whole-grain variety
Milk (variety)	8 fl. ozs	8 fl. ozs		Offer skim/lowfat varieties
Elementary Per Serving: 667 cal., 34.8 pro., 112.8 carb., 10.2 g fiber, 10.5 g fat, 2.2 g sat. fat, 58 mg chol., 949 mg sod., 3,827 IU vit. A, 98.3 mg vit. C, 397.5 ca., 4.9 mg iron				
Secondary Per Serving: 912 cal., 51 g pro., 154.7 g carb., 14.9 g fiber, 13.7 g fat, 3.1 g sat. fat, 84 mg chol., 1,538 mg sod., 5,107 IU vit. A, 143.1 mg vit. C, 443.5 mg ca., 7.9 mg iron				

*Note that the Fortune Cookie is exclusive to the Elementary menu; the Whole-Grain Egg Roll is offered only on Secondary menus.

¹ You can find this recipe later in Spring 2010 at www.schoolnutrition.org/NSLW10.

All menus, menu names and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.