

Good Nutrition

Recipe: 000036 Cat's Sticks Mix (32)
 Recipe Source:
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 32
 Size of Portion: 1/2cRice1/2cVeg

		<p>Recipe adapted with permission by Evans & Brennan, LLC from Green Eggs and Ham Cookbook by Georgeanne Brennan with photographs by Frankie Frankeny</p> <p>TM & copyright © 2006 by Dr. Seuss Enterprises, L.P. Text copyright © 2006 by Georgeanne Brennan (excluding Dr. Seuss excerpts) Photographs copyright © 2006 by Frankie Frankeny (excluding Dr. Seuss images)</p>
902871 CHICKEN BROTH, LOW SODIUM..... 050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT...	1 GAL + 2 CUP 3 LB + 11 OZ	<ol style="list-style-type: none"> 1. Put the chicken broth in a large pot and bring to a boil. 2. Add the rice, bring back to a boil, then reduce the heat to low and cover. 3. Cook for time in directions for your rice without stirring until the rice is tender. <p>CCP: Hold for hot service at 135° F or higher</p>
011960 CARROTS,BABY,RAW, rtu..... 902535 CORN, YELLOW, WHOLE KERNEL, FROZN, Thawed.....	2 1/2 LB 3 LB	<ol style="list-style-type: none"> 4. While the rice is cooking, slice the carrots into thin rounds and thaw the corn. 5. Scoop 1/2 cup of rice, using a #8 scoop, into a bowl. 6. Right before serving, top each with 1/4 cup of raw carrot rounds and 1/4 cup of the thawed corn.
902485 CILANTRO-CHOPPED.....	1 BUNCH	<ol style="list-style-type: none"> 7. Clean and chop the cilantro. One bunch yields about 2 cups, chopped. 8. Before serving, sprinkle with 1 Tbsp. chopped cilantro.

*Nutrients are based upon 1 Portion Size (1/2cRice1/2cVeg)

Calories	113 kcal	Cholesterol	0.87 mg	Protein	3.28 g	Calcium	19.09 mg	8.48%	Calories from Total Fat
Total Fat	1.06 g	Sodium	91.48 mg	Vitamin A	560.26 RE	Iron	0.85 mg	1.75%	Calories from Saturated Fat
Saturated Fat	0.22 g	Carbohydrates	23.96 g	Vitamin A	5084.32 IU	Water ¹	*32.02* g	*0.03%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	*3.06* g	Vitamin C	2.44 mg	Ash ¹	*0.22* g	84.88%	Calories from Carbohydrates
								11.61%	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

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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	1.000 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.500 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					
Moisture Change.	0%				? - Shellfish
Fat Change.....	0%				? - Soy
Type of Fat.....					? - Wheat

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902871	CHICKEN BROTH, LOW SODIUM			
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	011960	CARROTS, BABY, RAW, rtu			
I	902535	CORN, YELLOW, WHOLE KERNEL, FROZN, Th			
I	902485	CILANTRO-CHOPPED			

Notes

Production Notes:

The rice may also be steamed or cooked in the oven.

Serving Notes:

The "Sticks" in the title refer to chopsticks, which can be extra fun.

Purchasing Guide:

If using a brown rice other than long grain, check the yield in the Food Buying Guide and adjust the quantity.

Miscellaneous Notes:

- 1 oz eq WGR Grain
- 1/4 cup Red/Orange Vegetable
- 1/4 cup Starchy Vegetable

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