

STIR FRIED RICE



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 40 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 40 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Rice, Long Grain,Brown, Parboiled, #2139	2 pounds + 8 ounces
Water, Hot, Municipal	3 quarts + 2 cups
Seasoning Mix, Fried Rice, #2733	1 packet

DIRECTIONS

1. Spray the steamtable pans with food release spray before adding rice and the rest of the ingredients. Prepare the rice according to the instructions on the case and/or package. Cover and hold in warmer until ready for service. Fluff with a fork or spoon before serving.
Rice amounts are based on the USDA Food Buying Guide.
Overcooking or hot holding the rice for long periods of time will increase the volume and yield.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
2. Serve the Stir Fried Rice immediately or cover the with a lid, plastic wrap, or aluminum foil and place them in the warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
3. Portion using a #8 scoop (½ cup) per serving. Each portion provides 1 oz. eq. whole grain.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check the temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for grains.

NUTRIENTS PER SERVING

Calories	114	Dietary Fiber	0.74 g	Sodium	335.00 mg	Sat. Fat	0.11 g
Carbohydrates	24.39 g	Protein	3.39 g	Total Fat	0.58 g	Trans Fat	0.00 g

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ILLUSTRATED PRESENTATION OF STIR FRIED RICE

1.



Adding package of Fried Rice Seasoning Mix to rice

2.



1 serving of Stir Fried Rice