

First, go to : <https://healthyschoolrecipes.com/recipes/>

On the search bar, search whatever recipe you're looking for.

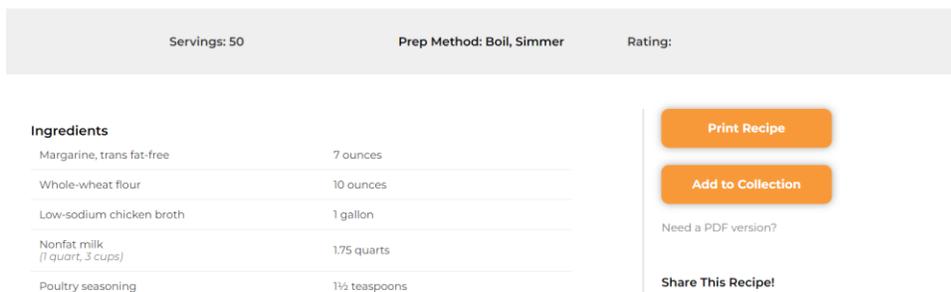


I searched for chicken a la king.



Chicken or Turkey ala King USDA

Click on the recipe. Go to the orange print button on the recipe.



Once you click the orange print button, it will take you to this screen.

Go Back Print

Recipe Image Notes

- 50 + servings Smaller Normal Larger

Print

CHICKEN OR TURKEY ALA KING

SERVINGS: 50 CALORIES: 195 KCAL

Diced chicken or turkey combine with vegetables and a broth-based sauce. Serve this dish over cooked rice for an



INGREDIENTS

- 7 ounces Margarine, trans fat-free
- 10 ounces Whole-wheat flour
- 1 gallon Low-sodium chicken broth
- 1.75 quarts Nonfat milk (1 quart, 3 cups)

INSTRUCTIONS

1. Melt margarine in a large stockpot.
2. Add flour. Stir well.
3. Add broth, milk, poultry seasoning, pepper, salt, and onion powder. Stir until blended. Bring to a b 12-15 minutes. Stir frequently until thickened

From this screen, you can adjust the number of servings. I put in 250 servings, and it changes the amount for each ingredient.

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Recipe Image Notes

- 250 + servings Smaller Normal Larger

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CHICKEN OR TURKEY ALA KING

SERVINGS: 250 CALORIES: 195 KCAL

Diced chicken or turkey combine with vegetables and a broth-based sauce. Serve this dish over



INGREDIENTS

- 35 ounces Margarine, trans fat-free
- 50 ounces Whole-wheat flour
- 5 gallon Low-sodium chicken broth
- 8.75 quarts Nonfat milk (1 quart, 3 cups)
- 7.5 teaspoons Poultry seasoning
- 10 teaspoons Ground black pepper

INSTRUCTIONS

1. Melt margarine in a large stockpot.
2. Add flour. Stir well.
3. Add broth, milk, poultry seasoning, pepper, salt, and onion powder. Stir until ble 12-15 minutes. Stir frequently until thickened
4. Add chicken, peas, carrots, and pimientos. Cook uncovered over medium heat
5. Transfer to a steam table pan (12" x 20" x 4").

You can print the recipe and it will be set up for how ever many servings you put in. So handy.