

Chicken or Turkey Noodle Soup

Meat/Meat Alternate-Grains/Breads

Soups

H-02

Chicken, whole, without neck and giblets 4 lb 7 oz
 OR
 Turkey, whole, without neck and giblets 3 lb 7 oz

8 lb 14 oz
 OR
 6 lb 14 oz

SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meal/meat alternate and ½ serving of grains/breads.

YIELD:

50 Servings: about 27 lb

100 Servings: about 54 lb

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

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Nutrients Per Serving

Calories	98	Saturated Fat	0.55 g	Iron	0.87 mg
Protein	7.33 g	Cholesterol	26 mg	Calcium	26 mg
Carbohydrate	12.21 g	Vitamin A	33 IU	Sodium	207 mg
Total Fat	2.16 g	Vitamin C	1.7 mg	Dietary Fiber	0.7 g