

# Chicken Wings Boneless WGrain MTG

<b>Servings:</b>	100.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Wings Boneless WGrain MTG

## Nutrition Information

<b>Calories</b>	295.60	<b>Protein</b>	18.15g
<b>Fat</b>	15.30g	<b>SaturatedFat</b>	3.23g
<b>Trans Fat</b>	0.11g	<b>Cholesterol</b>	32.50mg
<b>Carbohydrates</b>	21.00g	<b>Fiber</b>	2.70g
<b>Sugar</b>	5.50g	<b>Sodium</b>	724.60mg
<b>Iron</b>	1.10mg	<b>Vitamin C</b>	0.41mg
<b>Vitamin A</b>	106.02IU	<b>Calcium</b>	18.84mg

## Ingredients

**500 Each** CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

**100 Tablespoon SAUCE BBQ 4-1GAL GFS**

**100 Tablespoon DRESSING BLEU CHS 4-1GAL GFS**

## Preparation Instructions

Directions:

WASH HANDS.

APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: PLACE CHICKEN CHUCK ON A LINED, NON-STICK SHEET PAN. PLACE IN A PRE-HEATED, 350 DEGREES F OVEN FOR APPROXIMATELY 8-10 MINUTES.

CONVENTIONAL OVEN: PLACE CHICKEN ON A LINED, NON STICK SHEET PAN. PLACE IN PRE-HEATED, 350 DEGREE F OVEN FOR APPROXIMATELY 15-20 MINUTES.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 135°F, HELD FOR A MINIMUM OF 15 SECONDS.

CCP: HOT FOODS HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

2. Serve and allow student to select condiment preference.

Child Nutrition: 5 pieces provides= 2 oz meat and 1 oz eq grain

Updated December 2014

Notes: