

Cookbook for Valparaiso Community Schools

Created by HPS Menu Planner

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Chicken and Waffles

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Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Smackers with Mini Waffles

Nutrition Information

Calories	210.00	Protein	4.00g
Fat	6.00g	SaturatedFat	1.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	38.00g	Fiber	3.00g
Sugar	13.00g	Sodium	170.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

1 Package WAFFLE MINI MAPL WGRAIN IW 72-2.47Z

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Preparation Instructions