

# Cookbook for Valparaiso Community Schools

Created by HPS Menu Planner

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Chicken and Waffles

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<b>Servings:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Smackers with Mini Waffles

## Nutrition Information

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