

# GRILLED CHICKEN SANDWICH

<b>Servings:</b>	100.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

GRILLED CHICKEN ON WG BUN

## Nutrition Information

<b>Calories</b>	260.00	<b>Protein</b>	28.00g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	60.00mg
<b>Carbohydrates</b>	27.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	600.00mg
<b>Iron</b>	8.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	30.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100	1711	4" WG WHITE HAMBURGER BUN	

Measurement	DistPart #	Description	Preparation Instructions
100 Each	152121	CHIX BRST GRLLD CKD 3Z 2-5# TYS	<p><b>CONVECTION</b></p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p><b>MICROWAVE</b></p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave</p> <p>From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>

## Preparation Instructions

Directions:

HACCP STEP: WASH HANDS.

1. Cook chicken patty as directed on package.
2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.
3. Serve.
4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 2.0 oz eq grain and 2.5 oz meat.

Notes: