

Chicken Nugget w/Roll

Servings:	5.00
Serving Size:	0.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Nugget whole grain with dinner roll

Nutrition Information

Calories	49.20	Protein	2.49g
Fat	2.12g	SaturatedFat	0.33g
Trans Fat	0.00g	Cholesterol	2.60mg
Carbohydrates	5.48g	Fiber	0.79g
Sugar	0.53g	Sodium	86.10mg
Iron	1.83mg	Vitamin C	0.00mg
Vitamin A	13.00IU	Calcium	6.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 1/4 Ounce	558040	CHIX CHUNKS BRD WGRAIN .66Z 4-7	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.
1 roll	4372	DINNER ROLL, W GRAIN, AM	READY_TO_EAT

Preparation Instructions

Deep Fry nuggets

Serve with dinner roll. 5 each chicken nugget and 4 each for preschool