

PRO-Chicken Nuggets

Servings:	128.00
Serving Size:	4.00 Ounce
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Nuggets-GFS#281831

Nutrition Information

Calories	210.00	Protein	13.00g
Fat	12.00g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	13.00g	Fiber	2.00g
Sugar	1.00g	Sodium	320.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	20.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
512 Each	281831	CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Bake:

6-8 minutes at 375°F from frozen.

Serving Size- 4 Chicken Nugget per student