

BBQ GRILLED CHICKEN SANDWICH

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

BBQ GRILLED CHICKEN ON WG BUN

Nutrition Information

Calories	260.29	Protein	28.00g
Fat	4.00g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	27.07g	Fiber	2.00g
Sugar	4.04g	Sodium	602.22mg
Iron	8.72mg	Vitamin C	0.00mg
Vitamin A	0.84IU	Calcium	30.04mg

Ingredients

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

Measurement	DistPart #	Description	Preparation Instructions
1 Each	152121	CHIX BRST GRLLD CKD 3Z 2-5 TYS	<p>CONVECTION</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>MICROWAVE</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>
1/100 Tablespoon	734136	SAUCE BBQ 4-1GAL GFS	

Preparation Instructions

Spread BBQ Sauce on chicken patty, bake to 140 or higher, place on bun and serve.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.