

# BBQ GRILLED CHICKEN SANDWICH

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

BBQ GRILLED CHICKEN ON WG BUN

## Nutrition Information

<b>Calories</b>	260.29	<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>	27.07g	<b>Fiber</b>	2.00g
<b>Sugar</b>	4.04g	<b>Sodium</b>	602.22mg
<b>Iron</b>	8.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.84IU	<b>Calcium</b>	30.04mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 bun	1711	4" WG WHITE HAMBURGER BUN	
1 Each	152121	CHIX BRST GRLLD CKD 3Z 2-5 TYS	
1/100 Tablespoon	734136	SAUCE BBQ 4-1GAL GFS	

## Preparation Instructions

### CONVECTION

Appliances vary, adjust accordingly.

#### Convection Oven

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.

### MICROWAVE

Appliances vary, adjust accordingly.

#### Microwave

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.

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.