

# Chicken Rings

<b>Servings:</b>	1.00
<b>Serving Size:</b>	5.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Rings

## Nutrition Information

<b>Calories</b>	240.00	<b>Protein</b>	17.00g
<b>Fat</b>	14.00g	<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	40.00mg
<b>Carbohydrates</b>	12.00g	<b>Fiber</b>	1.00g
<b>Sugar</b>	1.00g	<b>Sodium</b>	360.00mg
<b>Iron</b>	1.44mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>4 Piece</b>	281771	CHIX CHNK RING BRD WGRAIN 750-.74Z	

## Preparation Instructions

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.

CONDIMENTS ON THE SIDE ONLY ( NOT CALCULATED IN NUTRITION'S)

KETCHUP

RANCH

BBQ SAUCE