

Grilled Chicken Sandwich

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

Grilled chicken on a bun

Nutrition Information

Calories	280.00	Protein	22.00g
Fat	2.50g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	0.00g	Sodium	320.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	20.00mg

Ingredients

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>

Measurement	DistPart #	Description	Preparation Instructions
1 bun	3159	Aunt Millie's 4" Whole Grain Hamburger Bun	BAKE

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.