

# Chicken Tenders 9-12

<b>Servings:</b>	100.00
<b>Serving Size:</b>	4.00 Each
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Whole Grain Tyson Chicken Tenders

## Nutrition Information

<b>Calories</b>	346.67	<b>Protein</b>	20.00g
<b>Fat</b>	20.00g	<b>SaturatedFat</b>	3.33g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	33.33mg
<b>Carbohydrates</b>	21.33g	<b>Fiber</b>	4.00g
<b>Sugar</b>	1.33g	<b>Sodium</b>	520.00mg
<b>Iron</b>	2.40mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	133.33IU	<b>Calcium</b>	53.33mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
400 1 each	283951	CHIX TNDR WGRAIN FC 4-8 TYS	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>8-10 minutes at 400°F from frozen.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>6-8 minutes at 375°F from frozen.</p> <p>4 pc = 2.64 mt 1.32 grain</p>

## Preparation Instructions

### HACCP FLOW PROCESS

-When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32

degrees or below.

-When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.

-Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).

-HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.

-CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.

-COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.

-Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.

-Hold frozen product at temperature of 32 degrees or colder for 3 months.

#### SAME DAY SERVICE

-Wash hands before preparing for 20 seconds.

-Clean and sanitize work area.

-Wear clean gloves when handling food.

-Gather ingredients

-Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.

-Do not mix old product with new.

-Make sure serving area is clean and sanitized.

-Record time and temperature at the beginning of each lunch.

-When storing foods - label with date and time they were prepared.