

K-6-Chicken-Nuggets

Servings:	102.00
Serving Size:	5.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Nuggets-GFS#281831

Nutrition Information

Calories	165.22	Protein	10.23g
Fat	9.44g	SaturatedFat	1.57g
Trans Fat	0.00g	Cholesterol	15.74mg
Carbohydrates	10.23g	Fiber	1.57g
Sugar	0.79g	Sodium	251.76mg
Iron	1.42mg	Vitamin C	0.00mg
Vitamin A	78.68IU	Calcium	15.74mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
321 Ounce	281831	CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

Preparation Instructions

BAKE FROM FROZEN STATE PLACE ON A PERFORATED SHEET PAN

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

6-8 minutes at 375°F from frozen.

INTERNAL TEMPERATURE OF 165 DEGREE F

Serve: 4 Nuggets per student