

JHS/KHS Chicken Nugget

NO IMAGE

| | | | |
|----------------------|-------|-----------------------|------------------|
| Servings: | 43.00 | Category: | Entree |
| Serving Size: | 6.00 | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS | 258 Serving | 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. | 281831 |

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

JHS/KHS

12 Nuggets per student

SLE Components

Amount Per Serving

| | |
|-------------|------|
| Meat | 3.00 |
|-------------|------|

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|--------------|------|
| Grain | 1.50 |
|--------------|------|

| | |
|--------------|------|
| Fruit | 0.00 |
|--------------|------|

| | |
|-----------------|------|
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 43.00

Serving Size: 6.00

| | | | |
|---------------------------|----------|------------------|--------|
| Amount Per Serving | | | |
| Calories | 315.00 | | |
| Fat | 18.00g | | |
| SaturatedFat | 3.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 480.00mg | | |
| Carbohydrates | 19.50g | | |
| Fiber | 3.00g | | |
| Sugar | 1.50g | | |
| Protein | 19.50g | | |
| Vitamin A | 150.00IU | Vitamin C | 0.00mg |
| Calcium | 30.00mg | Iron | 2.70mg |