

K - 3 HOMESTYLE CHICKEN TENDERS

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR FRTR WGRAIN CKD W/BOX 4-5#	2 Each		662142
SAUCE BBQ LO SOD DIP CUP 100-1Z	1 Each		499402

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.25
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	162.00		
Fat	5.20g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	454.40mg		
Carbohydrates	30.00g		
Fiber	1.40g		
Sugar	9.00g		
Protein	14.90g		
Vitamin A	177.91IU	Vitamin C	1.88mg

Calcium 13.21mg **Iron** 1.27mg