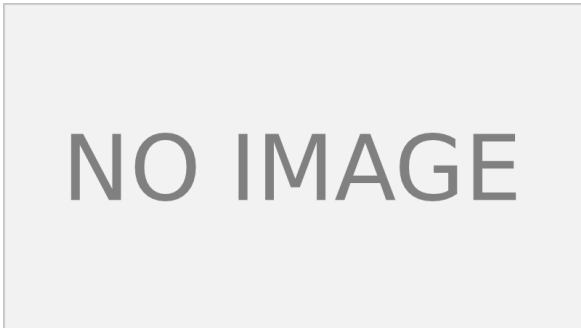


K - 3 HOMESTYLE CHICKEN TENDERS W/WAFFLES



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR FRTRR WGRAIN CKD W/BOX 4-5#	2 Each		662142
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
SYRUP PANCK CUP 200-1.5Z GFS	1 Each		160090

Preparation Instructions

SLE Components

Amount Per Serving

Meat	1.25
Grain	3.00
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 Serving

Amount Per Serving	
Calories	422.00
Fat	10.20g
SaturatedFat	2.30g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	554.40mg
Carbohydrates	80.00g
Fiber	5.40g

Sugar	29.00g
Protein	18.90g
Vitamin A 577.91IU	Vitamin C 0.68mg
Calcium 113.21mg	Iron 3.97mg