

Chicken Sticks

NO IMAGE

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 STIX WGRAIN FC .43Z 6-5 TYS	7 Each	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.	283562

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
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 Serving

Amount Per Serving	
Calories	230.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	340.00mg
Carbohydrates	14.00g
Fiber	2.00g

Sugar			1.00g
Protein			13.00g
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.80mg