

Cookbook for CCYC

Created by HPS Menu Planner

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CHICKEN CORDON BLEU SANDWICH

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Servings:	40.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56835
School:	CCYC		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD 4IN	40 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233
CHIX BRST FRTRR CRSPY 3.5Z	40 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a lined sheet pan on a wire rack. Heat for 11-12 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry Preheat oil to 350°F. From thawed, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 4-5 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	152141
TURKEY HAM SLCD	80 Ounce		556121
CHEESE SWS 160CT SLCD PROC	40 Slice		164348

Preparation Instructions

BAKE CHICKEN ACCORDING TO PRODUCT INSTRUCTIONS. PLACE CHICKEN ON BUN, TOP WITH HAM AND SWISS CHEESE. PLACE TOP BUN ON AND BAKE 5 MINUTES UNTIL HEATED THROUGH

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.807
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	495.36
Fat	22.27g
Saturated Fat	5.48g
Trans Fat	0.00g
Cholesterol	96.72mg
Sodium	1343.73mg
Carbohydrates	43.00g
Fiber	1.00g
Total Sugar	5.50g
Added Sugar	3.00g
Protein	33.65g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 152.50mg	Iron 3.27mg

Nutrition - Per 100g

No 100g Conversion Available