

# **Cookbook for Calhoun County Youth Center**

**Created by HPS Menu Planner**

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# Chicken Parmesan Sandwich

<b>Servings:</b>	40.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56405
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FRTR CRSPY 3.5Z	40 Each	<b>CONVECTION</b> 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. <b>DEEP_FRY</b> 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
SAUCE MARINARA	80 Tablespoon	<b>READY_TO_EAT</b> None	502181
CHEESE MOZZ SHRD	80 Tablespoon	<b>READY_TO_EAT</b> Preshredded. Use cold or melted.	645170
BUN HAMB SLCD 4IN	40 Each	<b>THAW</b> Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233

## Preparation Instructions

Wash Hands and - put on gloves  
 Spray 2" full pan with non stick spray  
 Place chicken patties in 2" pan 8 in each pan  
 Cook chicken in 350 degree oven 8-10 min.  
 Temp chicken at 165 degrees  
 Top with sauce and cheese, cover and put in warmer  
 Serve on bun  
 Hold at 145 degrees

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.625
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.200
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	406.25
<b>Fat</b>	15.63g
<b>Saturated Fat</b>	2.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.88mg
<b>Sodium</b>	906.25mg
<b>Carbohydrates</b>	44.63g
<b>Fiber</b>	1.50g
<b>Total Sugar</b>	6.63g
<b>Added Sugar</b>	3.25g
<b>Protein</b>	23.38g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 109.38mg	<b>Iron</b> 3.05mg

## Nutrition - Per 100g

No 100g Conversion Available