

chicken melt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49763
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	570533
BREAD GARL TX TST SLC WGRAIN	2 Each	197582
SAUCE HOT	1 Tablespoon	790835
CHEESE QUESO RICO SHRD	1/4 Cup	578665

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	399.67
Fat	18.83g
SaturatedFat	7.15g
Trans Fat	0.00g
Cholesterol	62.17mg
Sodium	1192.01mg
Carbohydrates	29.77g
Fiber	2.00g
Sugar	2.00g
Protein	26.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 234.00mg	Iron 2.76mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available