

chicken parmesan with pasta



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49762
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tyson Whole Grain Breaded Chicken Patty	1		281622
SAUCE SPAGHETTI	1/2 Cup	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	744520
CHEESE MOZZ SHRD	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
PASTA SPAGHETTI CKD	1 Cup		835910

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.250
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	740.00
Fat	33.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	995.00mg
Carbohydrates	73.00g
Fiber	7.00g
Sugar	13.00g
Protein	38.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 448.00mg	Iron 3.10mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available