

Chicken Drumstick with Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45074
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8-4# GLDCRK	1 Piece	CONVECTION Cook at 350 degrees for 14 minutes or until internal temperature of 165 degrees is reached.	994551
ROLL YEAST WHEAT	1 Each	WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
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	370.00
Fat	18.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	690.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	20.00mg
Iron	2.28mg

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

Nutrition - Per 100g

No 100g Conversion Available
