

# Fried Chicken with Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45072
<b>School:</b>	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 WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	Basic Preparation THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
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	16.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	570.00mg
Carbohydrates	43.00g
Fiber	8.00g
Sugar	10.00g
Protein	21.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	40.00mg
Iron	2.52mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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