

Spicy Chicken Tender with Macaroni and Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47843
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheesy Macaroni	1 Serving	1. Boil the noodles according to package instructions. 2. Drain the noodles. 3. Heat milk, cheese sauce, shred cheese, butter, and pepper in a pot till melted. Add pasta, stir, and divide into steam table pans that have been lightly sprayed. 4. Cover pans with foil for service. Divide into pans for hot service at 135 F or above. Serve online with a 4oz scoop.	R-45092
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
SAUCE HOT REDHOT ORG	1 Tablespoon		282944

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	455.48
Fat	17.53g
SaturatedFat	6.54g
Trans Fat	0.00g
Cholesterol	94.14mg
Sodium	1413.73mg
Carbohydrates	38.54g
Fiber	3.00g
Sugar	3.77g
Protein	33.36g
Vitamin A 898.47IU	Vitamin C 0.00mg
Calcium 176.50mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available