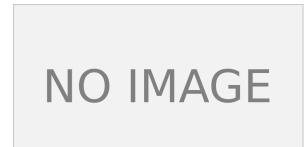
Chicken and Waffle



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46125
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	2 Each	READY_TO_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652
CHIX PTY BKFST CKD WGRAIN 8-4# GLDCRK	1 Each		996579

Preparation Instructions No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
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

3		3			
Amount Per Serving					
Calories		280.00			
Fat		9.50g			
SaturatedFat		0.50g			
Trans Fat		0.00g			
Cholesterol		40.00mg			
Sodium		500.00mg			
Carbohydrates		34.00g			
Fiber		3.00g			
Sugar		4.00g			
Protein		14.00g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	33.00mg	Iron	3.00mg		

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

Nutrition - Per 100g

No 100g Conversion Available