

# Chicken Tenders with Dinner Roll

NO IMAGE

|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <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-44756          |
| <b>School:</b>       | Walton-Verona High School |                       |                  |

## Ingredients

| Description                               | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| DOUGH ROLL<br>WGRAIN                      | 1 Each      | Basic Preparation<br>PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN.<br>ONCE THAWED, PROOF FOR 50 MINUTES IN RETARDER. BAKE AT 375°F<br>IN DECK OVEN FOR 12-14 MINUTES OR CONVECTION OVEN FOR 10-12<br>MINUTES. | 237702     |
| CHIX BRST TNR<br>BRD WGRAIN 4.5Z 8-<br>4# | 3 Piece     | Basic Preparation<br>Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at<br>350 degrees F   | 202490     |

## Preparation Instructions

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 300.00                  |
| <b>Fat</b>              | 8.50g                   |
| <b>SaturatedFat</b>     | 1.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 65.00mg                 |
| <b>Sodium</b>           | 530.00mg                |
| <b>Carbohydrates</b>    | 28.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 25.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 28.06mg  | <b>Iron</b> 2.72mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available