

# Dill Chic BearCat Sandwich

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-45621

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
Fully Cooked WG WM Dill Breast Fillet	1 Each	BAKE Cook approximately 17 min @375 F	792429
PICKLE DILL CHP HAMB	1 Slice		156191

## Preparation Instructions

Directions:

HACCP STEP: WASH HANDS.

1.

BAKE

Cook approximately 17 min @375 F

2. Place cooked chicken patty on bottom of roll. Top with remaining half of roll.

3. Add one sliced dill pickle on bun.

3. Serve.

4. Allow student to select condiment of choice.

Child Nutrition: 1 Each provides= 3.0 oz eq grain and 2 oz meat.

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<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

<b>Amount Per Serving</b>			
<b>Calories</b>	330.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	1050.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.00mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available