

# Chicken Tenders with Dinner 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-44756
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WGRAIN	1 Each	Basic Preparation PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN. ONCE THAWED, PROOF FOR 50 MINUTES IN RETARDER. BAKE AT 375°F IN DECK OVEN FOR 12-14 MINUTES OR CONVECTION OVEN FOR 10-12 MINUTES.	237702
CHIX BRST TNRD 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

## Preparation Instructions

- Hold hot foods at 135 °F or above

### 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	300.00
Fat	8.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	530.00mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	2.00g
Protein	25.00g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	28.06mg
Iron	2.72mg

\*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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