

5 Chicken nugget W/ 1 .oz whole grain roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35367
School:	Columbia Local k-8		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WGRAIN	1 Each		237702
CHIX NUGGET BRD CKD WGRAIN .6Z	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

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	280.00
Fat	11.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	470.00mg
Carbohydrates	27.00g
Fiber	4.00g
Sugar	2.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.06mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available