

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50339
School:	Attica Jr/Sr High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
SAUCE MARINARA	1 Fluid Ounce	READY_TO_EAT None	502181
CHEESE MOZZ SHRD	1 Fluid Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
Gourmet Hamburger Bun	1 Each		51111

Preparation Instructions

Wash Hands and - put on gloves

Spray 2" full pan with non stick spray

Place chicken patties in 2" pan 8 in each pan

Cook chicken in 350 degree oven 8-10 min.

Temp chicken at 165 degrees

Top with sauce and cheese, cover and put in warmer

Serve on bun

Hold at 145 degrees

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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 Each

Amount Per Serving	
Calories	460.00
Fat	15.88g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	943.75mg
Carbohydrates	53.00g
Fiber	3.50g
Sugar	7.00g
Protein	26.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.25mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available