

# 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 #
CHIX BRST TNDR 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
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

## Preparation Instructions

- Hold hot foods at 135 °F or above

### 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

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	9.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	27.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.00mg	<b>Iron</b> 3.44mg

\*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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