

# Chicken Parm with Marinara Sauce

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50848
<b>School:</b>	Hebron Elementary and Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
SAUCE MARINARA A/P	1/2 Cup	N/A	592714
CHEESE MOZZ SHRD	1 Fluid Ounce	2 Tablespoons	645170

## Preparation Instructions

Chicken Patty: Bake

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Marinara Sauce: Heat sauce until reaches 135° F and hold in hot holding until service.

For service: Offer 1/2 cup of pasta with this. Place pasta on bottom and then layer chicken patty, marinara, and top with mozzarella cheese.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<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 Each

Amount Per Serving	
<b>Calories</b>	335.00
<b>Fat</b>	17.50g
<b>SaturatedFat</b>	4.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.50mg
<b>Sodium</b>	940.00mg
<b>Carbohydrates</b>	23.50g
<b>Fiber</b>	5.00g
<b>Sugar</b>	6.50g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 158.50mg	<b>Iron</b> 3.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available