

DILL CHICKEN FILLET ON A BUN

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23469
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHIX BRST FLLT BRD DILL CKD	1 Each		627323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.250
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	369.90
Fat	9.80g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	63.00mg
Sodium	718.80mg
Carbohydrates	43.00g
Fiber	3.20g
Sugar	6.00g
Protein	27.30g
Vitamin A 59.54IU	Vitamin C 0.01mg
Calcium 96.77mg	Iron 2.93mg

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

Nutrition - Per 100g

No 100g Conversion Available