

CHICKEN PARM SANDWICH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37315
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281622
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	3.000
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	21.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	850.00mg
Carbohydrates	44.00g
Fiber	5.00g
Sugar	5.00g
Protein	25.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 217.00mg	Iron 2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available