

FRIED CHICKEN BREAST FILLET

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39246
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD FLLT WGRAIN CKD	1 Each		666531

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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	230.00
Fat	9.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	620.00mg
Carbohydrates	20.00g
Fiber	3.00g
Sugar	1.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available