

Chicken Tenders with Dinner Roll

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44756 |
| School: | Walton-Verona High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| CHIX BRST TNRD 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

| | |
|-----------------|-------|
| Meat | 2.000 |
| 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 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
