

Chicken Drumstick w/ mac & cheese& roll (MS/HS)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35958

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
ENTREE MACAR & CHS R/F WGRAIN 6-5	6 Ounce		119122
Whole Grain Dinner Roll	1 Piece	<p>READY_TO_EAT Ready to eat</p>	3920

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Mac & Cheese: 4oz =1.5oz M/MA and 0.75 oz grain

Roll = 1oz grain

Meal Components (SLE)

Amount Per Serving

Meat	4.063
Grain	2.688
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	615.00
Fat	26.00g
SaturatedFat	9.75g
Trans Fat	0.38g
Cholesterol	93.75mg
Sodium	1760.00mg
Carbohydrates	55.50g
Fiber	3.50g
Sugar	8.75g
Protein	40.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 519.75mg	Iron 2.47mg

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

Nutrition - Per 100g

No 100g Conversion Available