

Chicken & Waffle (bites)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49639
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
WAFFLE BEL WHLWHE 40-3.5 GINNYS	1 Each	Thaw at room temperature.	351669

Preparation Instructions

Follow prep instructions for waffle and chicken.

Place prepared chicken pieces on top of waffle and serve.

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

Amount Per Serving	
Calories	500.00
Fat	22.00g
SaturatedFat	7.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	730.00mg
Carbohydrates	54.00g
Fiber	4.00g
Sugar	18.00g
Protein	22.00g
Vitamin A 210.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available