

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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p><b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>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.</li> <li>3. Heat for 35-40 minutes.</li> </ol> <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p><b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 350°F.</li> <li>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.</li> <li>3. Heat for 25-30 minutes</li> </ol> <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><b>READY_TO_EAT</b> 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

<b>Meat</b>	4.063
<b>Grain</b>	2.688
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	615.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	9.75g
<b>Trans Fat</b>	0.38g
<b>Cholesterol</b>	93.75mg
<b>Sodium</b>	1760.00mg
<b>Carbohydrates</b>	55.50g
<b>Fiber</b>	3.50g
<b>Sugar</b>	8.75g
<b>Protein</b>	40.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 519.75mg	<b>Iron</b> 2.47mg

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

### Nutrition - Per 100g

No 100g Conversion Available