

CHICKEN FAJITA WITH GOLDFISH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9456
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
TORTILLA FLOUR 8IN	1 Each		713330
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
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		360.00	
Fat		13.50g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		80.00mg	
Sodium		800.00mg	
Carbohydrates		37.00g	
Fiber		1.00g	
Sugar		1.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available