

CHICKEN AND WAFFLES



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9949
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL WHLWHE 48-3.5IN GINNYS	2 Each		243572
CHIX NUG BRD WGRAIN FC .7Z	4 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	8.000
Grain	7.000
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 Each

Amount Per Serving			
Calories		772.00	
Fat		39.20g	
SaturatedFat		14.00g	
Trans Fat*		0.00g	
Cholesterol		50.00mg	
Sodium		672.00mg	
Carbohydrates		86.80g	
Fiber		6.40g	
Sugar		36.80g	
Protein		19.20g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	4.40mg

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

Nutrition - Per 100g

No 100g Conversion Available