

PARMESAN CHICKEN BREAST



Servings:	104.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21431
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BNLS SKNLS TRAY	104 Each		268127
BUTTER PRINT SLTD GRD AA	3 1/4 Pound		191205
MUSTARD DIJON SQZ	1/2 Cup		142379
BREAD CRUMB FINE UNSEAS	3 Quart 1 Cup (13 Cup)	UNPREPARED See Package Instructions	175671
SAUCE WORCESTERSHIRE	1/4 Cup		109843
CHEESE PARM GRTD	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		445401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 104.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		309.12	
Fat		16.46g	
SaturatedFat		9.25g	
Trans Fat*		0.00g	
Cholesterol		104.44mg	
Sodium		466.56mg	
Carbohydrates		10.50g	
Fiber		0.35g	
Sugar		0.50g	
Protein		28.55g	
Vitamin A	0.00IU	Vitamin C	2.27mg
Calcium	74.25mg	Iron	2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available