

CHICKEN PARMESAN OVER SPAGHETTI



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35490
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	3 Each		533830
PASTA SPAGHETTI CKD	1 Cup		835910
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	1.130
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		660.00	
Fat		25.50g	
SaturatedFat		4.50g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		1135.00mg	
Carbohydrates		74.00g	
Fiber		8.00g	
Sugar		15.00g	
Protein		40.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	5.58mg

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

Nutrition - Per 100g

No 100g Conversion Available