

CHICKEN PARM SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37315
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 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.	281622
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
CHEESE MOZZ 3 SLCD .75Z	1 Slice	READY_TO_EAT Open, pour and enjoy!	726567

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	3.000
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		460.00	
Fat		21.00g	
SaturatedFat		6.00g	
Trans Fat*		0.00g	
Cholesterol		45.00mg	
Sodium		850.00mg	
Carbohydrates		44.00g	
Fiber		5.00g	
Sugar		5.00g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	217.00mg	Iron	2.90mg

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

Nutrition - Per 100g

No 100g Conversion Available