

CHICKEN PARMIGIANA WITH PENNE PASTA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9437
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE CKD	1 Cup		835900
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729
CHIX BRST BRD FLLT WGRAIN CKD	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F.	666531

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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		560.00	
Fat		16.50g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		55.00mg	
Sodium		1155.00mg	
Carbohydrates		77.00g	
Fiber		8.00g	
Sugar		13.00g	
Protein		28.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	4.28mg

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

Nutrition - Per 100g

No 100g Conversion Available