

Chicken Strips



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8785
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490

Preparation Instructions

DEEP_FRY

Appliances vary, adjust accordingly.

UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.

Deep Fry

Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 5 1

2 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.

Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
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: 3.00 Each

Amount Per Serving			
Calories		220.00	
Fat		7.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		460.00mg	
Carbohydrates		14.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		22.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available