

Chicken Smackers & Donut Holes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10081
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
DONUT HOLE WGRAIN .41Z	3 Each		839520

Preparation Instructions

Popcorn Chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Donut Holes

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.

3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool
CCP: Heat to 135 F or higher.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	4.500
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		275.00	
Fat		14.50g	
SaturatedFat		5.00g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		400.00mg	
Carbohydrates		24.50g	
Fiber		2.50g	
Sugar		3.00g	
Protein		11.50g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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