

# Chicken Breast Sandwich KC



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38087
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	12 Pound 8 Ounce (200 Ounce)		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		184.33	
<b>Fat</b>		3.55g	
<b>SaturatedFat</b>		0.87g	
<b>Trans Fat*</b>		0.01g**	
<b>Cholesterol</b>		58.93mg	
<b>Sodium</b>		222.90mg	
<b>Carbohydrates</b>		18.98g	
<b>Fiber</b>		2.78g	
<b>Sugar</b>		3.14g	
<b>Protein</b>		20.54g	
<b>Vitamin A</b>	18.13IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.19mg	<b>Iron</b>	1.16mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available