

Grilled Chicken Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41738
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	786520
3.5 WG Hamburger Bun	100 Each		3354
TOMATO 5X6 XL	100 Slice		438197
LETTUCE ICEBERG FS	100 Ounce		307769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		276.55	
Fat		9.55g	
Saturated Fat		2.01g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		552.38mg	
Carbohydrates		23.38g	
Fiber		2.53g	
Sugar		3.88g	
Added Sugar		0.00g	
Protein		23.20g	
Vitamin A	187.43mcg	Vitamin C	3.08mg
Calcium	6.75mg	Iron	8.78mg

Nutrition - Per 100g

No 100g Conversion Available