

Chicken Breast Sandwich USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52807
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	300 Ounce		5747
Rolls, dinner, whole-wheat	150 roll (hamburger, frankfurter roll)		18348

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		184.33	
Fat		3.55g	
Saturated Fat		0.87g	
Trans Fat		0.01g**	
Cholesterol		58.93mg	
Sodium		222.90mg	
Carbohydrates		18.98g	
Fiber		2.78g	
Sugar		3.14g	
Added Sugar		0.00g**	
Protein		20.54g	
Vitamin A	18.13mcg	Vitamin C	0.00mg
Calcium	42.19mg	Iron	1.16mg

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

Nutrition - Per 100g

No 100g Conversion Available