

# Chicken Tender Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52961
<b>School:</b>	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

## Preparation Instructions

Heat tenders in 375° 8 –10 minutes to 165 °. Hold in pot pass-thru until ready to serve and assemble wrap

On line place tenders on wrap add cheese. Lettuce optional

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve

Hold cheese and lettuce on ice pack when serving.

Served with Honey Mustard or Ranch Dressing

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		470.00	
<b>Fat</b>		22.50g	
<b>Saturated Fat</b>		7.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.00mg	
<b>Sodium</b>		637.00mg	
<b>Carbohydrates</b>		46.50g	
<b>Fiber</b>		7.00g	
<b>Sugar</b>		3.00g	
<b>Added Sugar</b>		1.00g	
<b>Protein</b>		23.50g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	81.00mg	<b>Iron</b>	4.00mg

## Nutrition - Per 100g

No 100g Conversion Available