

Grilled Chicken on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51622
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BUN HAMB SLCD WGRAIN WHT 4 10- 12CT	1 Each		266546

Preparation Instructions

Place 30 patties on sheet pan and heat in 375 degree oven for 8-10 minutes to 165 degrees.

Pan up in 1/2 veggie pan for serving line.

Hold in pass thru.

Serve hot on a whole grain bun.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		270.00	
Fat		4.50g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		60.00mg	
Sodium		560.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		4.00g	
Added Sugar		3.00g	
Protein		27.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	42.00mg	Iron	3.00mg

Nutrition - Per 100g

No 100g Conversion Available