

Chicken Tenders

Servings:	25.00	Category:	Entree
Serving Size:	3.20	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56798
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD FC 2Z	3 1/5 Piece	Fry for 4.5 minutes at 350 degrees.	323296

Preparation Instructions

25 portions per case.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 3.20

Amount Per Serving			
Calories	2.44		
Fat	0.08g		
Saturated Fat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.52mg		
Sodium	8.61mg		
Carbohydrates	0.21g		
Fiber	0.01g		
Total Sugar	0.01g		
Added Sugar	0.00g		
Protein	0.20g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.12mg	Iron	0.01mg

Nutrition - Per 100g

No 100g Conversion Available