

# Chicken Tenders w/ dinner roll



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49251

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	4 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
Whole Grain Rich Clustered Pan Rolls x	1 roll	BAKE Toast to desired color	3920

## Preparation Instructions

- Bake chicken according to package directions.  
CCP: Heat to 165F for at least 15 seconds.  
CCP: Hold at 165F for service.
- To serve: Place 4 chicken strips directly onto tray, offer roll as optional for the students to pick up.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.667
<b>Grain</b>	2.333
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	436.67		
<b>Fat</b>	21.00g		
<b>Saturated Fat</b>	3.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.33mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	39.33g		
<b>Fiber</b>	6.00g		
<b>Total Sugar</b>	3.33g		
<b>Added Sugar</b>	3.33g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.00mg	<b>Iron</b>	3.67mg

## Nutrition - Per 100g

No 100g Conversion Available