

# Chicken Tenders w/ Superpretzel



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35965
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 2.07Z	3 Piece	238 tenders minimum per case. 2 tenders = 2 oz meat/ 1 oz grain 3 tenders = 3 oz meat/1.5 oz grain	533830
PRETZEL SFT PREBKD WGRAIN	1 Each		607122

## Preparation Instructions

- Bake chicken according to package directions.  
CCP: Heat to 165F for at least 15 seconds.  
CCP: Hold at 165F for service.
- Assemble 3 strips a boat and serve with a 1 oz Superpretzel.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.500
<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: 3.00 Serving

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	18.50g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	3.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	32.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 3.72mg

## Nutrition - Per 100g

No 100g Conversion Available