

Chicken Tenders w/ dinner roll



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD 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

Meat/Meat Alternate	2.667
Grain	2.333
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: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available