

Chicken Nuggets w/ Roll

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30421 |
| School: | CREEKSIDE ELEM SCHL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| CHIX NUGGET BRD CKD WGRAIN .6Z | 5 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F. | 501851 |
| Whole Grain Rich Clustered Pan Rolls x | 1 1 | READY_TO_EAT Ready to eat | 3920 |

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.

Serve 5 nuggets and 1 roll together as an entree.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| 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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 290.00 |
| Fat | 11.00g |
| Saturated Fat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 530.00mg |
| Carbohydrates | 31.00g |
| Fiber | 4.00g |
| Total Sugar | 2.00g |
| Added Sugar | 2.00g |
| Protein | 18.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 56.00mg | Iron 2.80mg |

Nutrition - Per 100g

No 100g Conversion Available