

# Chicken Parmesan Sandwich

<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-41744
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT BRD DILL CKD	1 Each	Cook from frozen state. Conventional Oven: Heat 14-16 minutes at 375F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375F. Turn after 6 minutes.	627323
SAUCE MARINARA A/P	1 Tablespoon	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
CHEESE PARM SHVD	2 Ounce	Ready to eat.	140560
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	Ready To Eat	266546

## Preparation Instructions

Hamburger Bun-

Ready to Eat

Dill Flavored Chicken

Cook from frozen state.

Conventional Oven: Heat 14-16 minutes at 375 F. Turn after 6 minutes. Convection Oven: 13-15 minutes at 375 F. Turn after 6 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.250
<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

Amount Per Serving	
<b>Calories</b>	596.15
<b>Fat</b>	25.99g
<b>Saturated Fat</b>	12.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.00mg
<b>Sodium</b>	1467.55mg
<b>Carbohydrates</b>	41.00g
<b>Fiber</b>	4.45g
<b>Total Sugar</b>	6.63g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	44.55g
<b>Vitamin A</b> 59.54mcg	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 595.40mg	<b>Iron</b> 4.06mg

## Nutrition - Per 100g

No 100g Conversion Available