

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41744
School:	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

Meat/Meat Alternate	2.000
Grain	3.250
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	596.15
Fat	25.99g
Saturated Fat	12.00g
Trans Fat	0.00g
Cholesterol	113.00mg
Sodium	1467.55mg
Carbohydrates	41.00g
Fiber	4.45g
Total Sugar	6.63g
Added Sugar	3.00g
Protein	44.55g
Vitamin A 59.54mcg	Vitamin C 0.01mg
Calcium 595.40mg	Iron 4.06mg

Nutrition - Per 100g

No 100g Conversion Available