

Oven Roasted Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11524
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CUT UP 8PC RSTD 30 COMM	1 Piece	Thaw and bake according to directions on the box.	884891

Preparation Instructions

Thaw and bake according to direction on the box.

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	1.000
Grain	0.000
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	220.00
Fat	8.80g
Saturated Fat	0.40g
Trans Fat	0.00g
Cholesterol	96.00mg
Sodium	92.00mg
Carbohydrates	0.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	33.20g
Vitamin A 104.00mcg	Vitamin C 0.00mg
Calcium 16.00mg	Iron 1.20mg

Nutrition - Per 100g

No 100g Conversion Available