

Chicken Strips

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8785
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z 8-4#	3 Piece	Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490

Preparation Instructions

DEEP_FRY

Appliances vary, adjust accordingly.

UNCOOKED: FOR SAFETY, PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F AS MEASURED BY A THERMOMETER.

Deep Fry

Preheat oil to 350°F. From frozen, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 5 1

2 - 7 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.

Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F

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	1.000
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: 3.00 Each

Amount Per Serving	
Calories	73.33
Fat	2.33g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	21.67mg
Sodium	153.33mg
Carbohydrates	4.67g
Fiber	0.67g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	7.33g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 6.67mg	Iron 0.60mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available