

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

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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

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Amount Per Serving	
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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
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Vitamin A 104.00mcg	Vitamin C 0.00mg
Calcium 16.00mg	Iron 1.20mg

Nutrition - Per 100g

No 100g Conversion Available
