

# Chicken Nugget Roll and Waffle Fry Basket



<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-45069
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.</p>	281831
FRIES WAFFLE	9 Piece	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS.</p> <p>UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.</p>	201081
Dinner Roll	1 Each	thaw and serve	266548

## Preparation Instructions

Cook according to package directions and put in 3# boat for service

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	362.50		
<b>Fat</b>	19.04g		
<b>Saturated Fat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	463.86mg		
<b>Carbohydrates</b>	33.43g		
<b>Fiber</b>	4.04g		
<b>Total Sugar</b>	10.07g		
<b>Added Sugar</b>	0.07g		
<b>Protein</b>	15.11g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.54mg	<b>Iron</b>	2.04mg

## Nutrition - Per 100g

No 100g Conversion Available