

Chicken Drumstick with Roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45074
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8-4# GLDCRK	1 Piece	CONVECTION Cook at 350 degrees for 14 minutes or until internal temperature of 165 degrees is reached.	994551
ROLL YEAST WHEAT	1 Each	WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.750
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	370.00
Fat	18.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	690.00mg
Carbohydrates	33.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.28mg

Nutrition - Per 100g

No 100g Conversion Available