

# Chicken Tenders PK

NO IMAGE

|                      |                                      |                       |                  |
|----------------------|--------------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                                 | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 2.00 Each                            | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                                | <b>Recipe ID:</b>     | R-45112          |
| <b>School:</b>       | Walton-Verona Early Childhood Center |                       |                  |

## Ingredients

| Description                   | Measurement | Prep Instructions  | DistPart # |
|-------------------------------|-------------|--|------------|
| CHIX TNDR BRD<br>WGRAIN 2.07Z | 2 Piece     | <b>BAKE</b><br>Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered. | 533830     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.000 |
| <b>Grain</b>                    | 1.000 |
| <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>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

| <b>Amount Per Serving</b> |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Calories</b>           | 220.00   |                  |        |
| <b>Fat</b>                | 12.00g   |                  |        |
| <b>Saturated Fat</b>      | 2.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 40.00mg  |                  |        |
| <b>Sodium</b>             | 400.00mg |                  |        |
| <b>Carbohydrates</b>      | 12.00g   |                  |        |
| <b>Fiber</b>              | 2.00g    |                  |        |
| <b>Total Sugar</b>        | 2.00g    |                  |        |
| <b>Added Sugar</b>        | 2.00g    |                  |        |
| <b>Protein</b>            | 20.00g   |                  |        |
| <b>Vitamin A</b>          | 0.00mcg  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 0.00mg   | <b>Iron</b>      | 2.00mg |

## Nutrition - Per 100g

No 100g Conversion Available