

Roast Chicken Thighs 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-47163
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CVP THGH BNLS JMBO HALAL	3 Ounce	BAKE For Food Safety Cook thoroughly to a minimum internal temperature of 165 degrees F. for 15 seconds.	477951
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

Preparation Instructions

Season with Olive Oil, Ranch Seasoning, Italian Seasoning and Garlic Powder

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
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 Serving

Amount Per Serving	
Calories	237.50
Fat	5.88g
Saturated Fat	1.75g
Trans Fat	0.00g
Cholesterol	83.75mg
Sodium	158.75mg
Carbohydrates	32.00g
Fiber	7.00g
Total Sugar	10.00g
Added Sugar	0.00g
Protein	21.50g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.00mg	Iron 2.12mg

Nutrition - Per 100g

No 100g Conversion Available