

WG Chicken Fryz with WG Dinner Roll

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-6730

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Piece	CONVECTION Preparation: Appliances Vary, Adjust Accordingly. Place Chicken Sticks onto a parchment lined tray. Cooking Directions: Convection Oven: 6-8 minutes at 375 degrees F from frozen. Convectional Oven: 8-10 minutes at 400 degrees F from frozen.	283562
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	READY_TO_EAT No baking necessary.	751701

Preparation Instructions

Pull whole grain dinner rolls out the night before in order for them to thaw to use.

Prepare Chicken Stix as directed.

CCP: Hold for hot service at 140 degrees F or warmer

Serve items directly on the students tray.

8 Chicken Fryz

1 WG Dinner Roll

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 set

Amount Per Serving	
Calories	332.85
Fat	15.00g
Saturated Fat	2.86g
Trans Fat	0.00g
Cholesterol	22.87mg
Sodium	483.57mg
Carbohydrates	28.00g
Fiber	3.29g
Total Sugar	3.14g
Added Sugar	2.00g
Protein	17.86g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 50.57mg	Iron 3.29mg

Nutrition - Per 100g

No 100g Conversion Available