

# Chix Stix & WG Dinner Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19006
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STIX WGRAIN FC .43Z 6-5 TYS	8 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283562
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	1 Each	<b>READY_TO_EAT</b> No baking necessary.	751701

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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<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>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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