

Chicken Nugget Roll and Waffle Fry Basket



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45069
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.</p>	281831
FRIES WAFFLE	9 Piece	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS.</p> <p>UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.</p>	201081
Dinner Roll	1 Each	thaw and serve	266548

Preparation Instructions

Cook according to package directions and put in 3# boat for service

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	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	430.00
Fat	20.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	568.00mg
Carbohydrates	45.00g
Fiber	5.00g
Total Sugar	12.00g
Added Sugar	2.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 45.00mg	Iron 3.00mg

Nutrition - Per 100g

Calories	1516.75
Fat	70.55g
Saturated Fat	12.35g
Trans Fat	0.00g
Cholesterol	88.18mg
Sodium	2003.53mg
Carbohydrates	158.73g
Fiber	17.64g
Total Sugar	42.33g
Added Sugar	7.05g
Protein	63.49g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 158.73mg	Iron 10.58mg