

# Chicken Drumstick with Roll

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45074
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8-4# GLDCRK	1 Piece	CONVECTION Cook at 350 degrees for 14 minutes or until internal temperature of 165 degrees is reached.	994551
ROLL YEAST WHEAT	1 Each	WARM AND SERVE, FROM FREEZER TO OVEN, READY IN 5-10 MINUTES	112401

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.750
<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 Serving

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	690.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.00mg	<b>Iron</b> 2.28mg

## Nutrition - Per 100g

No 100g Conversion Available