

Chicken Nuggets PK



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45105
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN	5 Each	Bake 375 for 14-16 minutes or until internal temperature reaches 165F	993713

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
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: 4.00 Each

Amount Per Serving	
Calories	283.33
Fat	15.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	58.33mg
Sodium	700.00mg
Carbohydrates	18.33g
Fiber	1.67g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	25.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available