

Chicken Tenders



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45070
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNDR BRD WGRAIN 4.5Z	3 Each		202490

Preparation Instructions

Cook approximately 17 min @375 F

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: 3.00 Each

Amount Per Serving	
Calories	220.00
Fat	7.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	460.00mg
Carbohydrates	14.00g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available