

Chicken and Waffle

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46125
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD LRG FC	4 1/2 ounces	Basic Preparation Cook to internal temperature of 165 degrees F	260419

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.900
Grain	0.563
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: 1.00 Serving

Amount Per Serving	
Calories	270.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	600.00mg
Carbohydrates	15.00g
Fiber	2.00g
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