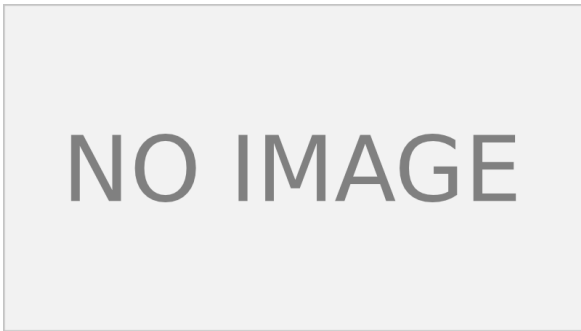


Spicy Chicken Tenders with Macaroni and Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44318

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheesy Macaroni	1 Serving	1. Boil the noodles according to package instructions. 2. Drain the noodles. 3. Heat milk, cheese sauce, shred cheese, butter, and pepper in a pot till melted. Add pasta, stir, and divide into steam table pans that have been lightly sprayed. 4. Cover pans with foil for service. Divide into pans for hot service at 135 F or above. Serve online with a 4oz scoop.	R-45092
CHIX BRST TNR BRD WGRAIN 4.5Z	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	298.49
Fat	10.51g
Saturated Fat	3.18g
Trans Fat	0.00g
Cholesterol	74.71mg
Sodium	587.91mg
Carbohydrates	22.18g
Fiber	2.33g
Total Sugar	1.26g
Added Sugar	0.00g
Protein	25.79g
Vitamin A 99.49mcg RAE	Vitamin C 0.00mg
Calcium 51.83mg	Iron 0.30mg

Nutrition - Per 100g

Calories	404.95
Fat	14.26g
Saturated Fat	4.31g
Trans Fat	0.00g
Cholesterol	101.36mg
Sodium	797.60mg
Carbohydrates	30.09g
Fiber	3.17g
Total Sugar	1.70g
Added Sugar	0.00g
Protein	34.99g
Vitamin A 134.97mcg RAE	Vitamin C 0.00mg
Calcium 70.32mg	Iron 0.41mg