

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31439
School:	Knox High School	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 3.63Z	1 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 8 - 10 min. at 400°F from frozen. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 6 - 8 min. at 375°F from frozen.	509728
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Updated June 2025

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
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 Sandwich

Amount Per Serving	
Calories	390.00
Fat	15.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	730.00mg
Carbohydrates	38.00g
Fiber	4.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 48.00mg	Iron 4.00mg

Nutrition - Per 100g

No 100g Conversion Available