



RC Product Code: 13440

# Chicken Parmesan

with Premium Artisan Whole Grain Breaded Chicken Breast Fillet, Fully Cooked

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**Serving Size:** 12oz  
**Yield:** 100 Servings  
**Contribution:** 2oz Meat/Meat Alternate, 2oz Grain, 3/4cup Red/Orange Vegetable  
**Smart Snack:** Smart Snack Compliant



Smart Snack Artisan

## Nutritional Information for for 1 Serving Chicken Parmesan

<b>Portion</b>	12oz	<b>Cholesterol (mg)</b>	53
<b>Calories</b>	399	<b>Sodium (mg)</b>	610
<b>Total Fat (g)</b>	12.5	<b>Total Carbohydrates (g)</b>	43
<b>Saturated Fat (g)</b>	2.5	<b>Sugar (g)</b>	7
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	28

### Ingredients

### Amount

### Instructions

Premium Artisan Whole Grain Breaded Chicken Breast Fillet

**30lbs**

Place Chicken fillets on sheet pan. Heat in 350° F convection oven for 10-12 minutes or until product reaches an internal temperature of 165° F.

Spaghetti - Enriched USDA 10042

**10lbs**

Cook spaghetti according to package directions.

Marinara Sauce - Red Gold #82206

**5 - #10 cans**

Heat marinara sauce.

Heat Marinara Sauce

**1.25lbs**

Place 1/2cup cooked spaghetti on plate, ladle 1/2cup marinara sauce over spaghetti, place chicken fillet on top of marinara sauce and sprinkle 1 Tbsp grated parmesan cheese on top.

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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