



RC Product Code: 54453

Chicken Tender Parmesan

with Whole Grain Breaded Chicken Tender,
CN Labeled, Fully Cooked

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Serving Size: 11oz
Yield: 100 servings
Contribution: 2oz meat/meat alternate, 2oz grain, 3/4 cup red/orange vegetable

Nutritional information for 1 serving chicken parmesan

Portion	11oz	Cholesterol (mg)	20
Calories	358	Sodium (mg)	631
Total Fat (g)	13	Total Carbohydrates (g)	41
Saturated Fat (g)	3	Sugar (g)	6
Trans Fat (g)	0	Protein (g)	20

Ingredients

Amount

Instructions

Whole Grain Breaded Chicken
Tender, CN Labeled, Fully Cooked

20lbs

Place breaded tenders in single layer on large sheet pan, heat in 350°F convection oven for 7-9 minutes or until tenders reach an internal temperature of 165° F.

Spaghetti - Enriched USDA 100425

10lbs

Cook spaghetti according to package directions.

Marinara Sauce - Red Gold #82206

5 - #10 cans

Heat marinara sauce.

Parmesan cheese - grated

1.25lbs

Place 1/2cup cooked spaghetti on plate, ladle 1/2cup marinara sauce over spaghetti, place chicken tenders on top of marinara sauce and sprinkle 1tbsp 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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