



RC Product Code: 13440

Chicken Parmesan

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

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



Smart Snack Artisan

Nutritional Information for for 1 Serving Chicken Parmesan

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

Ingredients

Amount

Instructions

Premium Artisan Whole Grain Breaded Chicken Breast Fillet

30 lbs

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

10 lbs

Cook spaghetti according to package directions.

Marinara Sauce

5 - #10 cans

Heat marinara sauce.

Heat Marinara Sauce

1.25 lbs

Place 1/2 cup cooked spaghetti on plate, ladle 1/2 cup 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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