



RC Product Code: 54485

Tenders with Sweet Sour Sauce

with Premium Artisan Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked

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Serving Size: 5.7 oz
Yield: 100 servings
Contribution: 2 oz meat/meat alternate, 1 oz grain



Nutritional information for 3 tenders and 1.5 oz sweet & sour sauce

Portion	3 tenders and 1.5 oz Sweet & sour sauce	Cholesterol (mg)	52
Calories	291	Sodium (mg)	451
Total Fat (g)	10	Total Carbohydrates (g)	29
Saturated Fat (g)	2	Sugar (g)	15
Trans Fat (g)	0	Protein (g)	19

Ingredients

Amount

Instructions

Premium Artisan Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked

30 lbs

Place breaded tenders in single layer on large sheet pan, heat in 350° F convection oven for 9-12 minutes or until tenders reach an internal temperature of 165° F.

Sweet & Sour Sauce

2 - 5# bags

Heat Sweet & Sour Sauce according to package directions. Place 1.5oz in dipping cup.

Place 3 tenders in food tray w/1.5 oz Sweet & Sour sauce and serve.

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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