



RC Product Code: 54486

# Chicken Parmesan

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

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**Serving Size:** 12 oz  
**Yield:** 100 servings  
**Contribution:** 2 meat/meat alternate, 2 oz grain, 3/4 cup red/orange vegetable



## Nutritional information for 1 serving chicken parmesan

<b>Portion</b>	12 oz	<b>Cholesterol (mg)</b>	51
<b>Calories</b>	401	<b>Sodium (mg)</b>	557
<b>Total Fat (g)</b>	14	<b>Total Carbohydrates (g)</b>	43
<b>Saturated Fat (g)</b>	3	<b>Sugar (g)</b>	6
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	27

<b>Ingredients</b>	<b>Amount</b>	<b>Instructions</b>
Premium Artisan Whole Grain Breaded Chicken Breast Patties, CN Labeled, Fully Cooked	30 lbs	Place Chicken patties on sheet pan. Heat in 350° F convection oven for 14-16 minutes or until product reaches an internal temperature of 165° F.
Spaghetti - Enriched USDA 100425	10 lbs	Cook spaghetti according to package directions.
Marinara Sauce	5 - #10 cans	Heat marinara sauce.
Parmesan Cheese (Grated)	1.25 lbs	Place 1/2 cup cooked spaghetti on plate, ladle 1/2 cup marinara sauce over spaghetti, place chicken patty 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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