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Chicken Tender Parmesan

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

RC Product Code: 54485

Artisan

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

Nutritional information for 1 serving chicken parmesan

Portion	12oz	**Cholesterol (mg)**	52
Calories	394	**Sodium (mg)**	541
Total Fat (g)	10.8	**Total Carbohydrates (g)**	43
Saturated Fat (g)	2.1	**Sugar (g)**	6
Trans Fat (g)	0	**Protein (g)**	27

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked	30 lbs	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven – 100% Fan Speed:** Bake at 375°F for 9-11 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 375°F for 9-11 minutes **Conventional Oven:** Bake at 375°F for 10-12 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
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 tenders on top of marinara sauce and sprinkle 1tbsp grated parmesan cheese on top.

Awesome Alternatives: 54453

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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.