



RC Product Code: 54485

Chicken Tender Parmesan

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

www.richchicks.com

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



Nutritional information for 1 serving chicken parmesan

Portion	12oz	Cholesterol (mg)	52
Calories	404	Sodium (mg)	561
Total Fat (g)	14	Total Carbohydrates (g)	43
Saturated Fat (g)	3	Sugar (g)	7
Trans Fat (g)	0	Protein (g)	27

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.

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.

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.

www.richchicks.com