

DUNLAP SCHOOL DISTRICT 323

Recipe: 000864 CHICKEN PARMESAN

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: P: CHICKEN PARMESAN

Number of Portions: 1
Size of Portion: SERVING

001185 PARMESAN CHS TOPPING,FAT FREE..... 902763 CHICKEN,ITALIAN BREAST, BRAKEBUSH, 53/3Z, 2MM....	1/2 TSP 1 PATTIE, 3Z	KOHLS ITALIAN CHICKEN #02755 - 53/3z BRAKEBUSH 1. LINE SHEET PAN WITH PARCHMENT PAPER AND LIGHTLY SPRAY WITH BUTTER SPRAY. 2. SPRINKLE PARMESAN CHEESE LIGHTLY OVER BUTTER SPRAY 3. PLACE CHICKEN PATTIES ON TOP OF PARMESAN THEN LIGHTLY SPRINKLYTHE TOPS OF PATTIES WITH PARMESAN 4. BAKE CHICKEN TO INTERNAL TEMP 165° IN OVEN CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold at 135° F or higher.
104152 MARINARA SAUCE.....	1 TBSP	HEAT MARINARA IN STEAMER AND HOLD FOR SERVING CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold for hot service at 135° F or higher
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED.....	1/4 OZ	1/4 OUNCE MOZZERELLA PER CHICKEN PATTY
		SERVE: SERVE 1 BAKED CHICKEN PATTY AND TOP WITH 1 TBS MARINARA AND SPRINKLE 1/4 OUNCE MOZZ OVER TOP.

*Nutrients are based upon 1 Portion Size (SERVING)

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

DUNLAP SCHOOL DISTRICT 323

Calories	182 kcal	Cholesterol	54.07 mg	Sugars	*0.01* g	Calcium	59.60 mg	56.90%	Calories from Total Fat
Total Fat	11.50 g	Sodium	646.30 mg	Protein	17.30 g	Iron	0.18 mg	16.45%	Calories from Saturated Fat
Saturated Fat	3.33 g	Carbohydrates	1.77 g	Vitamin A	165.48 IU	Water ¹	*0.07* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.27 g	Vitamin C	2.17 mg	Ash ¹	*0.05* g	3.89%	Calories from Carbohydrates
								38.02%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001185	PARMESAN CHS TOPPING, FAT FREE			
I	902763	CHICKEN, ITALIAN BREAST, BRAKEBUSH, 53/3			
I	104152	MARINARA SAUCE			
I	050339	CHEESE, MOZZARELLA, LITE, FROZEN, SHRE			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.