

Chicken Nuggets w/Breadstick (LR100102)

HACCP Process: Process 2: Same day service
 Allergens: Contains Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 Serving
 Moisture gain/loss%: 0.0000 Yield: 4 1/2 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Chicken, Golden Crispy Chunks, .69 oz, Tyson, 70364-928, MMA, WG SI104692	5 pieces
				Whole Grain Breadsticks LI100019	1 breadstick

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	42.35	6.62	35.29	22.35	2.353

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
269.841	12.698	1.984	0	19.841	428.571	23.81	3.175	1.587	15.079	2.571	47.619 (M)	79.365	0	(M)	(M)

Nutrients per serving (126 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
340	16	2.5	0	25	540	30	4	2	19	3.24	60(M)	100	0	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.