

Boneless Wings w/Celery Sticks (LR100050)

HACCP Process: Process 2: Same day service
 Allergens: Contains Soy, Wheat; May contain Egg, Milk;
 Meal Contribution: 2 WGR, 2 Meat/MA, 1/2 Veg-O
 Number of Servings: 1 Serving Size: 5 wing, bone and skin removed
 Moisture gain/loss%: 0.0000 Yield: 7 1/4 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 Chunk Random Breaded Whole Grain Breast Meat LI100008	4 Ounce
				Vegetable, Celery Sticks and Ranch, Veg-O SR105977	1/2 Cup

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	47.10	7.45	26.02	26.43	3.462

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)
175.677	9.194	1.454	0(M)	27.8	363.994	11.429	1.106	1.521	11.607	0.971	34.303	132.448	0.914	28.15(M)	0.221(M)

Nutrients per serving (203.4 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)
357.327	18.7	2.958	0(M)	56.545	740.364	23.246	2.249	3.093	23.609	1.976	69.773	269.4	1.86	57.258 (M)	0.45(M)

(M) Indicates missing values.

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