

Chicken 7 Ubh]bU'6ck `g

Pierce® # 7 0
#



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz eq M/MA

1 oz whole grain

DIFFICULTY

Easie

ALLERGENS

n/a

INGREDIENTS AND PREPARATION

100 servings f&'(+cn`YUWŁPierce`l bVfYUXYX: U]hU'Ghf]dgfV&) \$Ł
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%&`%&`WdgGU`gUJ`YfXY

Preheat oven to 350°F. Arrange frozen chicken nuggets in a single layer on a baking sheet. Bake for

7

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(one #8/4oz

spoodle) 0

Serving Suggestions: 0

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through the line or students can make their own individual bowls.

Nutrition Facts	
Serving Size (289g)	
Amount Per Serving	
Calories 390	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 950mg	40%
Total Carbohydrate 64g	21%
Dietary Fiber 9g	36%
Sugars 5g	
Protein 25g	
Vitamin A 4%	• Vitamin C 15%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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