## **Quest Food Management**

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Recipe Sizing Report

Aug 5, 2014

001044 - entree- chicken tenders : nslp	Components	Attributes
HACCP Process: #2 Same Day Service	Meat/Alt: 2 oz	
Number of Portions: 50	Grains: 1 oz	
Size of Portion: serving	Fruit:	
· ·	Vegetable:	
	Milk:	

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372	50 (3 strips)	

\*Nutrients are based upon 1 Portion Size (serving)

Calories	284 kcal	Cholesterol	67 mg	Protein	19.44 g	Calcium	0.00 mg	56.84% Calories from Total Fat
Total Fat	17.94 g	Sodium	748 mg	Vitamin A	0.0 RE	Iron	1.08 mg	11.84% Calories from Saturated Fat
Saturated Fat	3.74 g	Carbohydrates	13.46 g	Vitamin A	0.0 IU	Water <sup>1</sup>	0.00 g	0.00% Calories from Trans Fat
Trans Fat1	0.00 g	Dietary Fiber	2.99 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	0.00 g	18.95% Calories from Carbohydrates
		, , , , , , , , , , , , , , , , , , ,						27.37% Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1 -</sup> denotes optional nutrient values