

Kentucky Dept. of Education

001403 - Lemon Herb Chicken & Pasta Sid

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: servings

Meat/Alt: 3 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0 Cup
 Milk: 0 Cup

Alternate Menu Name: Henderson County HS

075013 Chicken Breast..... 24 lb. 903994 Panko Breadcrumbs..... 24 CUP 902921 Margarine, melted..... 2 2/3 CUP 903893 EGGS..... 16 slightly beaten 009152 LEMON JUICE,RAW..... 1 1/2 CUP 001032 CHEESE,PARMESAN,GRATED... 4 CUP 002020 GARLIC POWDER..... 8 TSP 002026 ONION POWDER..... 8 TSP 799905 OREGANO LEAVES,DRIED..... 8 TSP, ground 002029 PARSLEY,DRIED..... 8 TSP 002047 SALT, TABLE..... 5 TBSP + 1 TSP 002030 PEPPER,BLACK..... 8 TSP, ground 009156 LEMON PEEL,RAW..... 1 CUP	Preheat oven to 400 degrees. In a bowl, mix together melted butter, eggs and lemon juice. In another bowl mix panko breadcrumbs, parmesan cheese, garlic powder, onion powder, oregano, parsley, salt, pepper and lemon peel. Cut chicken breast into equal strips, about three per chicken breast. Dip the chicken strips into butter mixture. Roll strips in breadcrumbs. Deip and roll the chicken strips a second time. Place the chicken on a sprayed baking sheet and bake at 400 degrees in a preheated oven for 20-25 minutes, checking to ensure it reaches an internal temperature of 165 degrees. Flip the chicken strips halfway through cooking to brown both sides. Remove from oven and slice. CCP: hold at 135 degrees or higher and serve with pasta salad (seperate recipe).
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*Nutrients are based upon 1 Portion Size (servings)

Calories	410 kcal	Cholesterol	*75.62* mg	Sugars	*0.33* g	Calcium	*99.82* mg	39.96%	Calories from Total Fat
Total Fat	18.20 g	Sodium	1127.12 mg	Protein	33.98 g	Iron	*1.40* mg	17.01%	Calories from Sat Fat
Saturated Fat	7.75 g	Carbohydrate	27.18 g	Vitamin A	*129.16* IU	Water ¹	*10.69* g	*0.16%*	Calories from Trans Fat
Trans Fat ²	*0.07* g	Dietary Fiber	*0.59* g	Vitamin C	*5.88* mg	Ash ¹	*2.70* g	26.52%	Calories from Carbohydrates
								33.15%	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.

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.