



825107 - Parmesan Chicken

Source: K12 Culinary

Number of Portions: 24

Size of Portion: each

Alternate Recipe Name: Chicken Parmesan

Components:

Meat/Alt: 2.5 oz

Grains: 1 oz

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825003R Marinara Sauce: School Made.....	1 PT + 1 cup	Prepare school made Marinara Sauce according to the recipe. Note: You will need a total of 1 1/2 quarts of sauce for 48 servings. Cool any leftover sauce properly and store in the refrigerator for use in other recipes. CCP: Cook to 135 degrees F. If reheating sauce that has been cooked, cooled and stored in the refrigerator, reheat to 165 degrees F.
826533 Chicken Patty, Breast w/Rib, Brd,WG Tyso.....	24 each, 3.2oz	Line full size sheet pan with parchment paper. Place chicken patties on pan 4 across X 6 down. Bake in 35 degrees F convection oven for about 15 minutes. CCP: Heat to 135° F or higher.
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD.... 001032 CHEESE,PARMESAN,GRATED.....	6 ozs 6 ozs	Use a 1 oz. spoodle to top each pattie with 2 tablespoons hot marinara sauce. Spread the sauce using the back of the spoodle. Combine cheeses. Sprinkle ½ oz. of cheese (about 2 tablespoons) evenly over sauce using a 1 oz. spoodle. Return the topped chicken patties to the oven and continue to cook for about 3 minutes or until the cheese melts. CCP: Heat to 135° F or higher.

825003R Marinara Sauce: School Made.....	1 PT + 1 cup	<p>Spray two (2 inch deep) full size steamtable pans with pan release. Pour 1 1/2 cup of sauce in each pan, spreading sauce evenly over the bottom. Place chicken parmesan patties in pan over sauce, 3 across and 4 down.. Cover and hold until service. Serve one patty and sauce with metal offset serving spatula.</p> <p>Note: Not all chicken patties provide the same meat and grain component crediting. Check the specifications for the patty purchased to be certain of the component crediting provided. CCP: Hold for hot service at 135° F or higher</p>
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not good quality when reheated.

*Nutrients are based upon 1 Portion Size (each)

Calories	330 kcal	Cholesterol	35 mg	Sugars	*0.6* g	Calcium	164.08 mg	50.54%	Calories from Total Fat
Total Fat	18.53 g	Sodium	760 mg	Protein	18.36 g	Iron	2.54 mg	13.44%	Calories from Saturated Fat
Saturated Fat	4.93 g	Carbohydrates	22.03 g	Vitamin A	429.5 IU	Water ¹	*5.09* g	*0.17%*	Calories from Trans Fat
Trans Fat ²	*0.06* g	Dietary Fiber	2.28 g	Vitamin C	2.6 mg	Ash ¹	*0.54* g	26.70%	Calories from Carbohydrates
								22.26%	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.