

# CHICKEN TENDERS (BAKED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 3 tenders

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Breast Tenders, Cooked, #1015	300 tenders
Pan Release Spray, Vegetable Oil, #2514	20 second spray

**DIRECTIONS**

- Count out the number of frozen chicken tenders needed to provide 2 ounce equivalents of meat/meat alternate for number of servings needed.  
Three tenders provide a 2 ounce equivalent portion of meat/meat alternate and 1 oz. eq. whole grain.
- Place the frozen chicken tenders in a single layer on sheet pans (18" x 26" x 1") coated with pan release spray or lined with parchment paper.
- Bake according to the package directions. (Prepare in batches to maintain quality.)  
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on the package or case have a higher temperature, follow those recommendations.  
CCP: Cover and hold for service at 135 degrees F or higher.
- Remove the chicken tenders from the oven and place them in steamtable pans. Serve them immediately, or cover them and place them in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.  
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.
- Portion 3 tenders for each serving . Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.  
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

**PRODUCTION NOTES**

Use USDA Foods products when available.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for poultry.

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

**SERVING NOTES**

It is recommended to batch cook the Chicken Breats Tenders. Prepare only what can be served in a 30 minute period to maintain maximum quality.

**NUTRIENTS PER SERVING**

Calories	210	Dietary Fiber	1.00 g	Sodium	390.00 mg	Sat. Fat	1.00 g
Carbohydrates	14.00 g	Protein	12.00 g	Total Fat	12.00 g	Trans Fat	0.00 g