

Chicken Parmesan

100 Servings

2 oz. eq. m/ma

Ingredients	For 100 servings		Directions
	Weight	Measure	
Chicken Breast, breaded, filet, whole muscle (4 oz.)		100 each	Spray four 2 1/2" hotel pans with pan release spray. Lay chicken pieces in a single layer, 25 pieces per pan. Combine spaghetti sauce with spices and combine well.
Spaghetti Sauce		3 #10 cans	
Oregano, leaves, dried		3 T.	
Basil, leaves, dried		3 T.	
Garlic, granulated		3 T.	
Parmesan Cheese		6 cups	Top each pan with 2 quarts tomato sauce, spreading on top of each chicken breast evenly. Portion 2 T. mozzarella cheese on top of each filet. Sprinkle 1 ½ cup parmesan cheese evenly on each pan of chicken. Cover each pan tightly with food service film and then with foil. Bake: Conventional Oven: 375 degrees F for 35-40 minutes. Convection Oven: 350 degrees F for 30-35 minutes. Remove foil and bake for an additional 10 minutes or until temperature reaches 165 degrees F. for at least 15 seconds.
Mozzarella Cheese, shredded	5 lb.		



Serving size and yield	
Serving size:	1 Chicken Filet
Yield:	100 Servings

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	375	45-50
Convection:	350	40-45

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2.25	ounce equivalents
Grains:	1	ounce equivalents
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	265	Total fat (g)	11.5	Cholesterol (milligrams (mg))	50	Sodium (mg)	645	Iron (mg)	1.8
Protein (grams (g))	21	Saturated fat (g)	2	Total sugars (g)	4.5	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	19	Trans fat (g)	0	Dietary fiber (g)	3	Calcium (mg)	196		