



# Parmesan Chicken Tenders

Marinated in Italian dressing, breaded, and baked, these chicken tenders are sure to make a regular appearance at the table.

**AGES:** 3–5 years

**PREP TIME:** 6 hours 25 minutes (2–6 hours for marinating)

**COOK TIME:** 20 minutes

## CACFP CREDITING INFORMATION

1½ oz eq meat

## SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
					<b>2</b> Preheat oven to 400° F.
Nonstick cooking spray		1 spray		2 sprays	<b>3</b> Prepare steam table pan (12" x 20" x 2½") with parchment paper and a baking rack sprayed with nonstick cooking spray. Set aside. <b>For 25 servings</b> , use 1 pan. <b>For 50 servings</b> , use 2 pans.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken tenders, fresh or frozen, thawed	3 lb 8¼ oz	25	7 lb 1 oz	50	<p><b>4</b> Place chicken tenders and Italian dressing in a plastic or glass bowl. Cover. Marinate in the refrigerator at 40 °F or lower for 2–6 hours or overnight. Wash hands after touching uncooked chicken.</p>
Italian dressing, prepared		¾ cup		1½ cups	
Parmesan cheese, grated	2 oz	½ cup	4 oz	1 cup	<p><b>5</b> In a large bowl, combine parmesan cheese and breadcrumbs (whole-wheat and panko). Mix.</p>
Breadcrumbs, whole-wheat, seasoned	1½ oz	½ cup	3.2 oz	1 cup	
Breadcrumbs, plain, panko, enriched	1.2 oz	½ cup	2.4 oz	1 cup	
					<p><b>6</b> Remove chicken tenders from dressing. Discard any remaining Italian dressing.</p>
					<p><b>7</b> Coat chicken tenders with parmesan breading. Place on prepared baking rack. Wash hands after touching uncooked chicken.</p>
					<p><b>8</b> Bake for 20 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven.</p>
					<p><b>9</b> Serve 1 chicken tender. Serve immediately, or keep warm at 140 °F or higher.</p>





### NUTRITION INFORMATION

1 Parmesan Chicken Tender

NUTRIENTS	AMOUNT
Calories	<b>107</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	37 mg
<b>Sodium</b>	<b>172 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	0 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	33 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

### NOTES

- Contains **milk (parmesan cheese)** and **wheat (breadcrumbs)**. Breadcrumbs can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (breadcrumbs) and may be included in the ingredient statements as "spice" or "flavoring."

### YIELD/VOLUME

25 Servings	50 Servings
Weight: 3 lb 1 oz	Weight: 6 lb 2 oz
Yield: 25 chicken tenders	Yield: 50 chicken tenders

