

Parmesan Chicken Sandwich - CACFP

General Information

Recipe #	Category	Source
2031576	Lunch Entree	Local

Ingredients

Name	Quantity	+ Quantity 2
Vegetable oil, palm kernel	3/8 tsp.	
Onions, raw	1 tbsp., 2 1/2 tsp. chopped	
Garlic, raw	3/4 tsp.	
Furmanos; 1/15OZ Tomato Sauce - Low Sodium	6 7/8 oz.	
Redpack Tomato Paste, 111oz Can - CS of 6	3/4 oz.	
Spices, pepper, black	1/8 tsp. ground	
Salt, table	1/8 tsp.	
Spices, oregano, dried	3/4 tsp. leaves	
Spices, thyme, dried	3/8 tsp. leaves	
Spices, basil, dried	3/8 tsp. leaves	
Sugars, granulated	< 1/8 tsp.	
Chicken patty, frozen, cooked	3 patty	
Parmesan cheese topping, fat free	1 tbsp., 2 1/2 tsp. shredded	
Cheese, mozzarella, nonfat	2/3 c., 2 1/2 tsp. shredded	
Bun, Hamburger, White Wheat, 4in, 60/2oz, 7.5#, 2WG, Alpha Baking, 51535	3 bun	



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Serving Size	Yield
1/2 Sandwich	6.00

Nutrition Facts

Serving Size 1/2 Sandwich (113 gm)

Amount Per Serving	% Daily Value*
Calories 200.690	
Total Fat 7.286 gm	11.209%
Saturated Fat 1.386 gm	6.932%
Trans Fat 0.000* gm	
Cholesterol 15.661 mg	5.22%
Sodium 479.602 mg	19.983%
Total Carbohydrate 22.818 gm	7.606%
Dietary Fiber 1.852 gm	7.407%
Total Sugars 4.117 gm	
Includes 1.542 * gm of Added Sugars	
Protein 12.907 gm	25.815%
Vitamin A 18.105* mcg RAE	2.012%
Vitamin C 2.283* mg	3.805%
Vitamin D 0.090* mcg	0.45%
Calcium 178.265 mg	17.827%
Iron 1.585 mg	8.805%
Potassium 186.864 mg	3.976%
Saturated Fat % of Calories	6.217%
Added Sugar % of Calories	3.073 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Mince onions and garlic. In a large saucepan on medium heat add oil and cook onions and garlic until onions start to turn translucent, about 1 minute.
2. Add tomato products, herbs, salt, pepper, and sugar and simmer for 25 minutes. Adjust taste with more herbs if needed.
3. Place chicken breast on a sheet pan or 18x13 inch pan lined with parchment paper and bake in a 350 degree F oven for 15 minutes or until the internal temperature reaches 165 degrees F.
4. Remove from oven and sprinkle with parmesan and mozzarella cheese. Place in a warmer to melt cheese or melt in the oven for about 3 minutes (chicken should not be in the warmer for more than 20 minutes before serving).
5. Place marinara in a hotel pan, 12x20 inch pan, or soup pot to hold hot for service. To serve place chicken breast and 2 oz of marinara sauce on each bun and cut sandwich in half.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated
01-06-2026

Created
12-10-2025

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Grains	1 oz
Red/Orange	0.25 cups

Added Sugar Limitations

Not applicable.

Vendors

Alpha Baking Co. 