



Chicken & Bean Enchilada Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	333 kcal
Protein	22.29 g
Carbohydrate	39.48 g
Total Fat	10.26 g
Saturated Fat	4.36 g
Cholesterol	41.37 mg
Vitamin A	1267.05 IU
Vitamin C	24.83 mg
Iron	4.75 mg
Calcium	340.62 mg
Sodium	492.08 mg
Dietary Fiber	7.32 g

EQUIVALENTS: 1 piece provides ½ cup red/orange vegetable, ½ cup other vegetable, 1.5 oz equiv WGR grain and 2 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“Whenever we can forge relationships with local farmers, we strengthen our connection to the community as well as enhance the students’ knowledge of the community in which they live.”

— MARIA GARRIDO