

Chicken and Waffles With Maple-Peach Glaze

This popular dish provides a combination kids will love any time of the day.


AGES: 3–5 years

PREP TIME: 25 minutes

COOK TIME: 30 minutes

CACFP CREDITING INFORMATION

1½ oz eq meat

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Peach preserves		2 cups		1 qt	3 To make maple-peach glaze: In a small pot, combine peach preserves and maple syrup. Heat on the stove for 5 minutes or until glaze begins to bubble around the sides and is well-blended. Stir frequently.
Maple syrup		1 cup + 2 Tbsp		2¼ cups	



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	4 Heat an extra-large nonstick skillet on medium-high heat. Brown both sides of chicken tenders for 5 minutes. Wash hands after touching uncooked chicken.
					5 Reduce heat to medium. Cover. Cook for 7–8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. If needed, turn tenders to prevent overbrowning.
					6 Drizzle half of maple-peach glaze over chicken. Decrease heat to low. Cover. Cook chicken for 3 minutes or until glaze begins to bubble. Remove from heat.
Waffles, whole-wheat (at least 34 g or 1 oz each)	12½ oz	12½ (425 g)	1 lb 9 oz	25 (850 g)	7 Arrange frozen waffles in a single layer on sheet pan (18" x 26" x 1"). Bake for 8–10 minutes. Remove from the oven. For 25 servings , use 1 pan For 50 servings , use 2 pans
					8 Serve 1 chicken tender with ½ waffle and 1 Tbsp of maple-peach glaze. Serve immediately, or keep warm at 140 °F or higher.




NUTRITION INFORMATION

1 chicken tender with ½ waffle and 1 Tbsp maple-peach glaze

NUTRIENTS	AMOUNT
Calories	219
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	146 mg
Total Carbohydrate	32 g
Dietary Fiber	1 g
Total Sugars	12 g
Includes Added Sugars	N/A
Protein	16 g
Vitamin D	N/A
Calcium	75 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains wheat (waffles).** Frozen waffles 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 (waffles) and may be included in the ingredients statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 5 lb 9 oz	Weight: 11 lb 2 oz
Yield: 12½ waffles, 3 cups 2 Tbsp glaze, and 25 chicken tenders	Yield: 25 waffles, 1 qt 2¼ cups glaze, and 50 chicken tenders