



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 10 minutes
(2–6 hours marinating)

Makes: 6 servings **Cook time:** 20 minutes

the INGREDIENTS

Nonstick cooking spray

13½ oz chicken tenders, fresh or frozen, thawed
(at least 6 tenders)

3 Tbsp Italian dressing, prepared

2 Tbsp parmesan cheese, grated

2 Tbsp breadcrumbs, whole-wheat, seasoned

2 Tbsp breadcrumbs, plain, panko, enriched

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400° F.
3. Place a baking rack on top of a baking sheet. Spray rack with nonstick cooking spray. Set aside.
4. 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.
5. In a small bowl, combine parmesan cheese and breadcrumbs (whole-wheat and panko). Mix.
6. Remove chicken tenders from dressing. Discard any remaining Italian dressing.
7. Coat tenders with parmesan breading. Place on prepared baking rack. Wash hands after touching uncooked chicken.
8. Bake for 20 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven.
9. Serve 1 tender. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

1 Parmesan Chicken Tender

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

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1 ½ oz eq meat

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CHEF TIPS

- **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.”

