



LOADED CHEDDAR & BACON CHICKEN FINGERS

July 27

National Chicken Finger Day

INGREDIENTS

- 1 Pound Chicken, Boneless, fresh or frozen, tenderloins, (boneless chicken breast pieces without skin)
- 1 Cup Shredded Cheddar Cheese
- 6 Slices Bacon (cooked and crumbled)
- ½ Cup Panko Breadcrumbs
- ¼ Cup All-Purpose Flour
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ½ Teaspoon Paprika
- ¼ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Large Eggs (beaten)
- Cooking Spray or Oil (for greasing)

DIRECTIONS

1. Preheat your oven to 400°. Line a baking sheet with parchment paper or lightly grease it with cooking spray.
2. In a shallow bowl, combine the panko breadcrumbs, shredded cheddar cheese, crumbled bacon, garlic powder, onion powder, paprika, salt, and black pepper.
3. Dip each chicken tender into the beaten eggs, allowing any excess to drip off. Then, coat the chicken in the breadcrumb mixture, pressing lightly to ensure it sticks.
4. Place the coated chicken tenders on the prepared baking sheet in a single layer. Lightly spray the tops with cooking spray for extra crispiness.
5. Bake the chicken fingers in the preheated oven for 15-20 minutes, or until they are golden brown and cooked through.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Tenders

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Tender	1 Tender	1¼ Tenders	1¼ Tenders