

# Chicken Strips & Gravy

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Strips & Gravy

## Nutrition Information

<b>Calories</b>	335.19	<b>Protein</b>	15.00g
<b>Fat</b>	19.51g	<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	2.26g	<b>Cholesterol</b>	25.00mg
<b>Carbohydrates</b>	23.52g	<b>Fiber</b>	3.00g
<b>Sugar</b>	2.50g	<b>Sodium</b>	735.86mg
<b>Iron</b>	2.34mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 Piece	283951	CHIX TNDR WGRAIN FC 4-8 TYS	BAKE  Appliances vary, adjust accordingly.  Conventional Oven  8-10 minutes at 400°F from frozen.  CONVECTION  Appliances vary, adjust accordingly.  Convection Oven  6-8 minutes at 375°F from frozen.

Measurement	DistPart #	Description	Preparation Instructions
2 Tablespoon	455555	GRAVY MIX CNTRY 6-1.5 PION	<p>BAKE</p> <p>1: Add 5 quarts boiling water (212°F) for convection oven (4 1</p> <p>2 quarts for conventional) and 4 ounces unsalted butter to a 2 1</p> <p>2" deep full-size steamtable pan. 2: Stir in sauce mix until dissolved. 3: Add potato slices. Stir. 4: Bake in convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. TIPS: For half carton prep, use half of each ingredient amount specified. Cook time and temperature remain the same.</p>

## Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.