

Chicken Strips & Gravy

Servings:	1.00
Serving Size:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Strips & Gravy

Nutrition Information

Calories	425.19	Protein	19.00g
Fat	21.01g	SaturatedFat	4.00g
Trans Fat	2.26g	Cholesterol	25.00mg
Carbohydrates	40.52g	Fiber	5.00g
Sugar	4.50g	Sodium	860.86mg
Iron	10.34mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	44.00mg

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 CENTRY 6-1.5 PION	BAKE 1: Add 5 quarts boiling water (212°F) for convection oven (4 1 2 quarts for conventional) and 4 ounces unsalted butter to a 2 1 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.
1 roll	4372	DINNER ROLL, W GRAIN, AM	READY_TO_EAT

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.