

chicken and gravy

Servings:	100.00
Serving Size:	6.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

chicken and gravy over mashed potatoes

Nutrition Information

Calories	2.05	Protein	0.03g
Fat	0.02g	SaturatedFat	0.02g
Trans Fat	0.00g	Cholesterol	0.06mg
Carbohydrates	0.43g	Fiber	0.11g
Sugar	0.28g	Sodium	6.76mg
Iron	0.00mg	Vitamin C	0.01mg
Vitamin A	0.88IU	Calcium	0.22mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 1/2 c	100307	Green Beans cnd	BAKE
1	817541	LETTUCE BLND ROMAINE 4-5 CULVR	
1 1/2c	836762	POTATO MASHED DELUX 4-6# SIMPLYPOT	
1 12gm	582530	DRESSING ITALIAN FF 200-12GM HHL	
1	12913	CHICKEN GRAVY	BAKE
1		1/2 pint milk chocolate skim	BAKE
1	100224	Pears, Sliced, Extra Light Syrup, Canned	READY_TO_EAT

Preparation Instructions