

Country Chicken and Gravy

Servings:	100.00
Serving Size:	100.00 1 filet
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Breaded Chicken Breast Filet

Nutrition Information

Calories	230.08	Protein	19.75g
Fat	9.75g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	45.00mg
Carbohydrates	13.51g	Fiber	3.00g
Sugar	0.75g	Sodium	387.74mg
Iron	1.08mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
100	525480	CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	BAKE CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen on breaded, fried, light coloring setting for rational from frozen. Cook until temp reaches 135 for 15 seconds. Batch cook item and put in 4 inch full pan for serving. 1 filet = 2 mt 1 grain
100 2 oz	552061	MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	Prepare gravy according to gravy recipe.

Preparation Instructions

HACCP FLOW PROCESS

- When frozen foods first come in check boxes for damage, take temperatures and record. Frozen food should be 32 degrees or below.
- When gathering foods that have been stored always check the use by date. If product does not meet standards report to manager right away and do not use.
- Maintain internal temperature of 40 degrees or colder when refrigerated. During prep keep out of danger zone (41-135).
- HOT HOLDING: All fully cooked foods for service should be maintained at or above a temperature of 135 degrees. If held at incorrect temperature for more than four hours, food needs to be discarded.
- CORRECTIVE ACTION FOR HOT FOODS: All cooked food items being held for service that drop below 135 degrees must be removed and reheated to 165 degrees. Use a calibrated thermometer and sanitize before probing. Probe food for 15 seconds making sure the tip is the center of the food. Wash and sanitize before returning to case.
- COOLING HOT FOODS: First cool food from 135-70 degrees within 2 hours then cool to 41 degrees or lower within the next 4 hours. If food has not reached 70 degrees within 2 hours food should be discarded.
- Hold leftover cooked product at temp of 40 degrees or colder for no more than 3 days. Discard if kept longer.
- Hold frozen product at temperature of 32 degrees or colder for 3 months.

SAME DAY SERVICE

- Wash hands before preparing for 20 seconds.
- Clean and sanitize work area.
- Wear clean gloves when handling food.
- Gather ingredients
- Do not cross contaminate. Boxes should be placed on a cart or on the floor. Do not place on counter. Make sure to wash hands after handling boxes.
- Do not mix old product with new.
- Make sure serving area is clean and sanitized.
- Record time and temperature at the beginning of each lunch.
- When storing foods - label with date and time they were prepared.