

# Country Chicken and Gravy

<b>Servings:</b>	100.00
<b>Serving Size:</b>	100.00 1 filet 2 oz gravy
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Breaded Chicken Breast Filet

## Nutrition Information

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

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>100</b>	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
<b>100 2 oz</b>	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.