

Chicken Tender with Biscuit and Gravy



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-16181
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	2 Piece	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.	283951
DOUGH BISC STHRN STYL	1 Each	BAKE Follow instruction on the package	516495
GRAVY MIX BISC	1/2 Cup		281719

Preparation Instructions

Make gravy according to package. Serve according to your kitchen rules. Weather it be boated or out in pans.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		483.33	
Fat		23.00g	
SaturatedFat		8.17g	
Trans Fat*		0.00g	
Cholesterol		16.67mg	
Sodium		1160.00mg	
Carbohydrates		51.67g	
Fiber		3.00g	
Sugar		5.67g	
Protein		14.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	154.00mg	Iron	3.13mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available