

To-Go Chicken Sandwich

Gold Kist® Homestyle Whole Grain Breaded Chicken Patty in an easy, reimbursable and healthy to-go meal.

PHOTO COMING SOON!

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 ounce grain (does not include roll)

DIFFICULTY

Easiest

ALLERGENS

wheat, soy

INGREDIENTS AND PREPARATION

100 servings (1 patty each) Gold Kist Homestyle Whole Grain Breaded Chicken Patty (665400)

100 whole wheat buns

6 pounds tomatoes, sliced

4.7 pounds lettuce, leaves separated

100 slices cheese, any variety (optional)

Condiments as desired (ketchup, BBQ sauce, mustard, light mayonnaise)

1. Preheat oven to 350°F. Arrange chicken patties in a single layer on an ungreased baking pan. Bake for 15-20 minutes in a conventional oven or 8-10 minutes in a convection oven or until product reaches 165° F.
2. Meanwhile, prepare lettuce and tomatoes as directed and assemble to-go bags with other food components (see serving suggestions below) and desired condiments.
3. When chicken patties are finished cooking, assemble sandwiches on buns with lettuce 2-3 tomato slices and 1 slice cheese if using. Place in foil wrappers and in to-go bags.
4. Serve immediately.

Nutrition Facts	
Serving Size (175g) (1 sandwich, no cheese)	
Amount Per Serving	
Calories 320	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 620mg	26%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 19g	
Vitamin A 20%	Vitamin C 10%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestions: Serve with whole fruit (apple, banana, orange), whole grain-style chips, carrot sticks and milk.



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