

To-Go Chicken Sausage and French Toast Dippers

Gold Kist® Chicken Sausage (6390) with French Toast dippers, fruit and milk can be a tasty breakfast or fun lunch on the go.

YIELD

100 servings

MENU FIT/DAYPART

Breakfast/Lunch

COMPONENTS

2 oz eq M/MA

2 oz Grain

1/2 cup fruit

1 cup milk

DIFFICULTY

Easiest

ALLERGENS

Milk, Wheat

PHOTO COMING SOON!

INGREDIENTS AND PREPARATION

100 servings (1.37oz patty each) Gold Kist Dark Meat Chicken Sausage (6390)

100 servings whole pieces French toast or pre-cut dippers

100 1-oz servings lite syrup

100 apples, bananas, or oranges

100 1/2 pint containers milk (low-fat or fat-free white or fat-free chocolate)

1. Preheat conventional oven to 400 ° F or a convection oven to 350° F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 15 minutes in a conventional oven or 8 minutes in a convection oven or until internal temperature reaches 165 ° F. Let cool if serving cold then place in refrigerator until service. Keep warm if serving as part of a hot breakfast.
2. Prepare French toast as directed and cut into "fingers" or prepare dippers as directed. Wash fruit.
3. Prepare each meal by placing one sausage, one serving French toast dippers, one package of 1-oz syrup, one piece of fruit and one half-pint milk into "to-go" boxes or bags. Provide utensils as needed.
4. If serving cold, keep meals in refrigerator until service. If serving warm, serve immediately.

Nutrition Facts	
Serving Size (469g) (1 meal)	
Amount Per Serving	
Calories 390	Calories from Fat 45
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	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 770mg	32%
Total Carbohydrate 67g	22%
Dietary Fiber 4g	16%
Sugars 40g	
Protein 21g	
Vitamin A 20%	Vitamin C 20%
Calcium 30%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Serving Suggestion: Use any fresh or dried fruit available. Can also use waffles in place of French toast.



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