

BBQ Chicken Pretzel Sandwich

Gold Kist® Homestyle Whole Grain Breaded Chicken Patty (665400) with BBQ sauce and cheese on a pretzel bun served to-go with sliced peppers, peaches and milk.

PHOTO COMING SOON!

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 ounce grain (does not include roll)

1 cup vegetable

1/2 cup fruit

1 cup milk

DIFFICULTY

Easiest

ALLERGENS

wheat, soy, milk

INGREDIENTS AND PREPARATION

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

100 whole wheat pretzel buns

6.25 cups BBQ Sauce, low-sodium

100 1-oz slices cheddar cheese

22.3 pounds fresh peaches

27.6 pounds bell peppers (a mix of red, green, yellow, orange)

100 1/2 pints milk (fat-free or 1% white or fat-free flavored)

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, wash fruit and vegetables. Slice peppers into strips. Prepare buns as directed.
3. When chicken patties are finished cooking, assemble sandwiches on buns with 1 slice cheese and 1 tablespoon BBQ sauce. Place in foil wrappers. Assemble to-go meals with 1 sandwich, 1 cup sliced peppers, 1 peach and 1 half-pint milk.
4. Serve immediately.

Nutrition Facts	
Serving Size (1 meal)	
Amount Per Serving	
Calories 550	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 880mg	37%
Total Carbohydrate 71g	24%
Dietary Fiber 10g	40%
Sugars 34g	
Protein 39g	
Vitamin A 90%	Vitamin C 210%
Calcium 50%	Iron 20%
*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: Use canned, fresh or frozen peaches as available.



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