

Chicken Nuggets and Waffles

Gold Kist® Breaded Chicken Nuggets (615300) with waffles and syrup is a trendy and fun breakfast or lunch made to-go.

YIELD

100 servings

MENU FIT/DAYPART

Breakfast/Lunch

COMPONENTS

2 oz eq M/MA

2 oz Grain

1 cup fruit

1 cup milk

DIFFICULTY

Easiest

ALLERGENS

Milk, Soy, Wheat

PHOTO COMING SOON!

INGREDIENTS AND PREPARATION

100 servings (5 pieces each) Gold Kist Breaded Chicken Nuggets (615300)

100 servings whole wheat waffles

38.4 pounds strawberries

100 1-oz individual serving packets lite syrup

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

1. Preheat oven to 350 ° F.
2. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake in a conventional oven for 10-14 minutes or in a convection oven for 8-10 minutes or until internal temperature reaches 165 ° F. Let cool then place in refrigerator until service if serving cold.
3. Meanwhile, wash fruit. Prepare waffles as directed.
4. When chicken has cooled, prepare each serving by placing 5 chicken nuggets, 1 waffle, 1 cup strawberries, 1 syrup packet and 1 milk into "to-go" containers or bags. Add utensils as needed.
5. Serve warm or cold.

Nutrition Facts	
Serving Size (542g) (1 box)	
Amount Per Serving	
Calories 480	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 810mg	34%
Total Carbohydrate 67g	22%
Dietary Fiber 6g	24%
Sugars 32g	
Protein 27g	
Vitamin A 15%	Vitamin C 270%
Calcium 35%	Iron 25%
*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 Suggestion: Use any fresh fruits available. If serving for lunch, provide 1 cup of vegetables.



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