

To-Go Breakfast Sausage and Cheese Biscuit Meal

Gold Kist® Chicken Sausage (6390) in a grab-and-go biscuit sandwich with fruit and milk is a tasty and filling meal for busy mornings.

YIELD

100 servings

MENU FIT/DAYPART

Breakfast

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 whole wheat biscuits

100 1-oz slices cheese

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 a hot sandwich.
2. Wash fruit as needed.
3. Prepare each meal by placing one sausage on a split biscuit with one slice of cheese. Package with a piece of fruit and one half-pint milk into "to-go" boxes or bags.
4. If serving cold, keep meals in refrigerator until service. If serving warm, serve immediately.

Nutrition Facts	
Serving Size (493g) (1 meal)	
Amount Per Serving	
Calories 400	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 990mg	41%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	16%
Sugars 29g	
Protein 27g	
Vitamin A 20%	• Vitamin C 15%
Calcium 45%	• Iron 10%
*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 or dried fruit available.



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