

Chicken Nugget Boxed Lunch

Gold Kist® Breaded Chicken Nuggets (615300) in a fun, to-go lunch that is full of different colors and flavors.

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz eq M/MA

2 oz Grain

1/2 cup fruit

1/2 cup other vegetable

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)

17.2 pounds grapes, washed and dried

20.6 pounds sugar snap peas, washed and dried

100 whole grain granola bars

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

Condiments as desired (ketchup, BBQ sauce, honey mustard, Ranch dressing)

1. Preheat oven to 350 ° F.
2. Place frozen chicken pieces in a single layer on an ungreased baking sheet. 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.
3. Meanwhile, prepare vegetables.
4. When chicken has cooled, prepare each serving by placing 5 chicken nuggets, 1/2 cup grapes, 1/2 cup snap peas, 1 granola bar and 1 milk into "to-go" containers or bags. Add desired condiments.
5. Serve cold.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (479g)(1 lunchable) | |
| Amount Per Serving | |
| Calories 460 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 14g | 22% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 580mg | 24% |
| Total Carbohydrate 61g | 20% |
| Dietary Fiber 5g | 20% |
| Sugars 32g | |
| Protein 27g | |
| Vitamin A 25% | Vitamin C 180% |
| Calcium 30% | 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 Suggestion: Use any fresh fruits or vegetables available.



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