

BBQ Chicken Sandwich

100 Sandwiches

2 oz. eq. m/ma

2 oz. eq. grain



Ingredients	For <u>100</u> servings		Directions
	Weight	Measure	
Celery, raw, chopped		2 ½ qt.	In large stock pot, heat oil. Sautee onion and celery until soft, 10 minutes
Onion, raw, chopped		2 qt.	
Oil, vegetable		½ cup	
Tomato Sauce		1 #10 can	To onions and celery add remaining ingredients (except chicken). Stir to combine. Cook slowly for 30 minutes to combine flavors.
Water		1 qt.	
Sugar, brown		1 cup, packed	
Worcestershire Sauce		4 T.	
Mustard, prepared		½ cup	
Vinegar, cider		2 ½ cup	
Garlic, granulated		3 T.	
Chicken, diced, cooked		20 lbs.	Add chicken. Cook another 5 minutes. Hold BBQ Chicken filling in a steam table pan
Hamburger Bun, whole wheat		100 Each	Serve 1/3 cup chicken filling on top of one whole wheat bun.



Serving size and yield	
Serving size:	1 Sandwich
Yield:	100 Sandwiches

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:		

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	2	ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	293	Total fat (g)	6.5	Cholesterol (milligrams (mg))	83.2	Sodium (mg)	448.3	Iron (mg)	1.6
Protein (grams (g))	32.2	Saturated fat (g)	1.2	Total sugars (g)	5.9	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	30.5	Trans fat (g)	0	Dietary fiber (g)	3.9	Calcium (mg)	14.9		