



RC Product Code: 23409

Mexicali Boneless Wings

with Premium Artisan Whole Grain Breaded Boneless Chicken Wings, NAE, Fully Cooked

www.richchicks.com

Serving Size: 5.5oz
Yield: 100 Servings
Contribution: 2oz Meat/Meat Alternate, 1oz Grain, 1/4 cup Red/Orange Vegetable
Smart Snack: Smart Snack Compliant Concept



Smart Snack



Artisan

Nutritional Information for 4 Boneless Wings and 2oz Salsa Sauce

| | | | |
|--------------------------|-------|--------------------------------|-----|
| Portion | 4.2oz | Cholesterol (mg) | 41 |
| Calories | 238 | Sodium (mg) | 504 |
| Total Fat (g) | 8 | Total Carbohydrates (g) | 18 |
| Saturated Fat (g) | 1.4 | Sugar (g) | >1 |
| Trans Fat (g) | 0 | Protein (g) | 19 |
| Sugar (g) | 2 | | |

Ingredients

Amount

Instructions

Rich Chicks Artisan Whole Grain Breaded Truly Whole Muscle Boneless Wing/Chunk

30lbs

Place breaded boneless wings in single layer on large sheet pan, heat in 350° F convection oven for 10-12 minutes or until boneless wings reach an internal temperature of 165° F.

JTM Sriracha Sauce #5707

2 #10 cans

Place 4 boneless wings in food tray w/ 2oz Salsa and serve.

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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