



RC Product Code: 23415

# Mexicali Boneless Wings

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

[www.richchicks.com](http://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

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