



RC Product Code: 23417

Springtime Chicken Salad

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing, Fully Cooked

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Serving Size: 1 Salad and 1oz Dressing
Yield: 100 servings
Contribution: 2oz Meat/Meat Alternate, 1oz Grain, 1cup Dark Green Vegetable, 1/4cup Fruit



Artisan



Dill Seasoned

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 Salad and 1oz Dressing	Cholesterol (mg)	54
Calories	356	Sodium (mg)	513
Total Fat (g)	19.6	Total Carbohydrates (g)	22
Saturated Fat (g)	3	Sugar (g)	3
Trans Fat (g)	0	Protein (g)	25

Ingredients

Amount

Instructions

Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast 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 bone- less wings reach an internal temperature of 165° F.
Romaine Lettuce	32lbs	Clean and slice Fresh Strawberries.
Sliced Roasted Almonds	1.5lbs	Clean and coarse chop the romaine. Place 2cups in individual salad container.
Fresh Strawberries	10lbs	Sprinkle 1/4cup sliced strawberries and 1tbsp sliced almonds on top of romaine.
Balsamic Vinaigrette Dressing	1gal	Place 1oz dressing in souffle cup and serve on the side. Right before serving add 4 each of the hot boneless wings.

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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