# Rich Chicks
## RICH IN NUTRITION

**www.richchicks.com**

**RC Product Code: 43415**

# Crunchy Chicken Wrap

Premium Artisan Whole Grain Breaded Chicken Tenders, NAE, Fully Cooked

**SmartSnack**  **Artisan**

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|---|---|
| **Serving Size:** | 1 wrap |
| **Yield:** | 100 servings |
| **Contribution:** | 2oz meat/meat alternate, 2.5oz grains, 1/4cup dark Green vegetable, 1/8cup red/orange vegetable |
| **Smart Snack:** | Smart snack compliant |

## Nutritional Information for 1 Crunchy Chicken Wrap

| Portion | 1 wrap | Cholesterol (mg) | 71 |
|---|---|---|---|
| Calories | 514 | Sodium (mg) | 877 |
| Total Fat (g) | 23 | Total Carbohydrates (g) | 50 |
| Saturated Fat (g) | 7.3 | Sugar (g) | 11 |
| Trans Fat (g) | 0 | Protein (g) | 27 |

| Ingredients | Amount | Instructions |
|---|---|---|
| Premium Artisan Whole Grain Breaded Chicken Tenders, Fully Cooked | 25lbs | Place tenders in single layer on large sheet pan, heat in 350°F convection oven for 10-12 minutes or until tenders reach an internal temperature of 165° F. |
| Fresh Broccoli (Shredded) | 6lbs | Toss broccoli, carrots and spinach with poppy seed dressing. |
| Fresh Carrots (Shredded) | 4lbs | |
| Fresh Baby Spinach (Chopped) | 1lb 9oz | Place tortilla on deli paper wrap. Using No 8 scoop place 1/2 cup vegetable mixture in center of tortilla. Add 2 tenders and 2tbsp shredded cheese. Tuck sides and roll. Wrap in deli paper. |
| Poppy Seed Dressing (See Recipe Below) | 3qtrs | |
| Whole Grain Rich 8" Tortillas | 100 each | |

| Poppy Seed Dressing Ingredients | Amount | Yield 100 Servings |
|---|---|---|
| Light Mayonnaise | 1qt | |
| White Vinegar | 3cups | |
| Sugar | 1qt | |
| Poppy Seeds | 1/4cup + 1 1/3tbsp | Combine mayonnaise, vinegar, sugar, poppy seeds, onion pow- der, garlic powder and chili powder. Mix well. |
| Onion Powder | 1/2cup | |
| Garlic Powder | 1/2cup | |
| Chili Powder | 1/2cup | |

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.