



RC Product Code: 54409

# Finger Lickin Mashed Potato Bowl

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Whole Grain Breaded Popcorn Chicken, CN Labeled, Fully Cooked

**Serving Size:** 1 wrap  
**Yield:** 100 servings  
**Contribution:** 2oz meat/meat alternate, 1oz grain, 1cup starchy vegetable

## Nutritional information for 10 popcorn, 1/2cup potatoes, 1/2cup corn, and 1/4 cup gravy

<b>Portion</b>	1 bowl	<b>Cholesterol (mg)</b>	20
<b>Calories</b>	382	<b>Sodium (mg)</b>	475
<b>Total Fat (g)</b>	10	<b>Total Carbohydrates (g)</b>	58
<b>Saturated Fat (g)</b>	2	<b>Sugar (g)</b>	4
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	16

Ingredients	Amount	Instructions
Whole Grain Breaded Popcorn Chicken, CN Labeled, Fully Cooked	20lbs	Place breaded popcorn in single layer on large sheet pan, heat in 350° F convection oven for 7-9 minutes or until popcorn reaches an internal temperature of 165° F.
Potatoes (Mashed Frozen)	28lbs	Prepare mashed potatoes according to package directions.
Corn (Frozen No Salt Added)	20lbs	Prepare corn according to package directions.
Chicken Gravy (Made With Low Sodium Chicken Base)	1.75gal	In a bowl layer, 1/2cup mashed potatoes, 1/2cup corn, 10 popcorn and 1/4cup gravy. (For Grab N Go - gravy can be put in a separate con- tainer & added before consuming product).

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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