



RC Product Code: 54410

# Springtime Chicken Salad

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Whole Grain Breaded, Chicken Nuggets, CN Labeled, Fully Cooked

**Serving Size:** 1 salad and 1oz dressing  
**Yield:** 100 servings  
**Contribution:** 2oz meat/meat alternate, 1oz grain, 1cup dark green vegetable, 1/4cup fruit

## Nutritional Information for 1 Salad and 1oz Dressing

<b>Portion</b>	1 salad and 1oz dressing	<b>Cholesterol (mg)</b>	20
<b>Calories</b>	319	<b>Sodium (mg)</b>	428
<b>Total Fat (g)</b>	20.6	<b>Total Carbohydrates (g)</b>	19
<b>Saturated Fat (g)</b>	3.5	<b>Sugar (g)</b>	2
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	16

Ingredients	Amount	Instructions
Whole Grain Breaded, Chicken Nuggets, CN Labeled, Fully Cooked	30lbs	Place breaded nuggets 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.
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 5 each of the nuggets.

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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