



RC Product Code: 94403

Popper Pocket

with Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked

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Serving Size: 1 popper pocket
Yield: 100 servings
Contribution: 1oz meat/meat alternate, 2oz grain, 1/4cup of other vegetable



Artisan

Nutritional Information for 1 Popper Pocket

Portion	1 popper pocket	Cholesterol (mg)	31
Calories	259	Sodium (mg)	367
Total Fat (g)	9	Total Carbohydrates (g)	34
Saturated Fat (g)	2	Sugar (g)	>1
Trans Fat (g)	0	Protein (g)	14
Sugar (g)	2		

Ingredients

Amount

Instructions

Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked	15lbs	Place poppers in single layer in sheet pan, heat in 350° F convection oven for 8-10 minutes or until poppers reach an internal temperature of 165° F.
The Father's Table Herbed Pita Pocket - 01179	9 packages	Open pita pocket, place 1/4cup shredded cabbage inside. Top with 5 poppers and 1tbsp Tzatziki sauce serve.
Cabbage (Shredded)	21lb	
Tzatziki Sauce (See Recipe Below)	1gal	

Tzatziki Sauce

Amount

Yield 1 Gallon

Cucumbers	4.5lbs	Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.
Plain Greek Yogurt 32oz container	3 containers	Add yogurt, dill, lemon juice, garlic and sea salt. Mix thoroughly.
Fresh Dill Chopped	1cup	Refrigerate overnight.
Lemon Juice	1/2cup	Refrigerate overnight.
Minced Garlic	7 cloves	
Fine Sea Salt	1tbsp	

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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