



RC Product Code: 94403

Southern Fried Chicken Salad

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

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



Artisan

Nutritional Information for 1 Salad

Portion	1 salad	Cholesterol (mg)	65
Calories	501	Sodium (mg)	712
Total Fat (g)	29	Total Carbohydrates (g)	45
Saturated Fat (g)	5	Sugar (g)	>1
Trans Fat (g)	0	Protein (g)	18
Sugar (g)	21		

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked	30lbs	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.
Romaine Lettuce	32lbs	Clean and coarse chop the romaine lettuce. Place 2cups in individual salad container.
Carrots	8lbs	Clean and shred carrots set aside.
Craisins	8lbs	Add 1/4cup shredded carrots and 1/4cup craisins to Romaine lettuce.
Ranch Dressing	1gal	Place 1oz Ranch Dressing in souffle cup and serve on the side. Right before serving add 10 each of the hot dark meat chicken poppers.

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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