



RC Product Code: 13443

# Chick Deluxe Sandwich

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Chicken Breast Fillet, Fully Cooked

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**Serving Size:** 1 Sandwich  
**Yield:** 100 Servings  
**Contribution:** 2 oz Meat/Meat Alternate, 2.5 oz Grains,  
 1/8 cup Red/Orange Vegetable  
**Smart Snack:** Smart Snack Compliant



Smart Snack Artisan Dill Seasoned

## Nutritional Information for 1 Serving

<b>Portion</b>	1 Sandwich	<b>Cholesterol (mg)</b>	53
<b>Calories</b>	341	<b>Sodium (mg)</b>	642
<b>Total Fat (g)</b>	9.6	<b>Total Carbohydrates (g)</b>	35
<b>Saturated Fat (g)</b>	1.5	<b>Sugar (g)</b>	>1
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	24
<b>Sugar (g)</b>	4.7		

## Ingredients

## Amount

## Instructions

Rich Chicks Rich-Fil-Yay!  
Dill Seasoned WG Breaded  
Chicken Breast Fillet

30 lbs

Clean lettuce and portion in 3"-4" diameter leaves.  
Clean and slice tomatoes.

WG Hamburger Buns

9 dozen

Place insides of tops and bottoms of buns face down  
on hot grill to lightly toast.

Leaf or Romaine Lettuce

5 lbs

Place Chicken Fillets on sheet pan. Heat at 350° F in a convection  
oven for 10-12 minutes or until product reaches an internal  
temperature of 165° F.

Tomatoes, Large Fresh Sliced

5.75 oz

Place heated Chicken Fillet on bottom portion of roll, add  
leaves of lettuce and 2 slices of tomato, cover with bun top,  
wrap and serve.

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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