



RC Product Code: 23409

Springtime Chicken Salad

with Premium Artisan Whole Grain Breaded Boneless Chicken Wings, NAE, Fully Cooked

www.richchicks.com

Serving Size: 1 Salad and 1 oz Dressing
Yield: 100 Servings
Contribution: 2 oz Meat/Meat Alternate, 1 oz Grain,
 1 cup Dark Green Vegetable, 1/4 cup Fruit
Smart Snack: Smart Snack Compliant w/o Almonds



Smart Snack



Artisan

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 Salad and 1 oz Dressing	Cholesterol (mg)	41
Calories	362	Sodium (mg)	408
Total Fat (g)	19.6	Total Carbohydrates (g)	22
Saturated Fat (g)	2.9	Sugar (g)	3
Trans Fat (g)	0	Protein (g)	23

Ingredients	Amount	Instructions
Rich Chicks Artisan Whole Grain Breaded Truly Whole Muscle Boneless Wing/Chunk	30 lbs	Place breaded boneless wings in single layer on large sheet pan, heat in 350° F convection oven for 10-12 minutes or until boneless wings reach an internal temperature of 165° F.
Romaine Lettuce	32 lbs	Clean and slice Fresh Strawberries.
Sliced Roasted Almonds	1.5 lbs	Clean and coarse chop the romaine. Place 2 cups in individual salad container.
Fresh Strawberries	10 lbs	Sprinkle 1/4 cup sliced strawberries and 1 tbsp sliced almonds on top of romaine.
Balsamic Vinaigrette Dressing	1 gal	Place 1 oz dressing in souffle cup and serve on the side. Right before serving add 4 each of the hot boneless wings.

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.

www.richchicks.com