



RC Product Code: 23415

Boneless Wings with Marinara Sauce

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

www.richchicks.com

Serving Size: 6 oz
Yield: 100 Servings
Contribution: 2 oz Meat/Meat Alternate, 1 oz Grain,
 1/4 cup Red/Orange Vegetable
Smart Snack: Smart Snack Compliant



Smart Snack



Artisan

Nutritional Information for 4 Boneless Wings and 1/4 cup Marinara Sauce

Portion	4 Boneless Wings & 1/4 c Marinara Sauce	Cholesterol (mg)	41
Calories	258	Sodium (mg)	468
Total Fat (g)	8.75	Total Carbohydrates (g)	21
Saturated Fat (g)	1.4	Sugar (g)	5
Trans Fat (g)	0	Protein (g)	20

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.

Marinara Sauce

2 #10 cans

Place 4 boneless wings in food tray with 1/4 cup Marinara sauce 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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