



RC Product Code: 23417

# Springtime Chicken Salad

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing, Fully Cooked

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**Serving Size:** 1 Salad and 1oz Dressing  
**Yield:** 100 servings  
**Contribution:** 2 oz Meat/Meat Alternate, 1 oz Grain, 1 cup Dark Green Vegetable, 1/4 cup Fruit



Artisan



Dill Seasoned

## Nutritional Information for 1 Salad and 1 oz Dressing

<b>Portion</b>	1 Salad and 1 oz Dressing	<b>Cholesterol (mg)</b>	54
<b>Calories</b>	356	<b>Sodium (mg)</b>	513
<b>Total Fat (g)</b>	19.6	<b>Total Carbohydrates (g)</b>	22
<b>Saturated Fat (g)</b>	3	<b>Sugar (g)</b>	3
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	25

## Ingredients

## Amount

## Instructions

<b>Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast Chunk</b>	<b>30 lbs</b>	Place breaded boneless wings in single layer on large sheet pan, heat in 350° F convection oven for 10-12 minutes or until bone- less wings reach an internal temperature of 165° F.
<b>Romaine Lettuce</b>	<b>32 lbs</b>	Clean and slice Fresh Strawberries.
<b>Sliced Roasted Almonds</b>	<b>1.5 lbs</b>	Clean and coarse chop the romaine. Place 2 cups in individual salad container.
<b>Fresh Strawberries</b>	<b>10 lbs</b>	Sprinkle 1/4 cup sliced strawberries and 1 tbsp sliced almonds on top of romaine.
<b>Balsamic Vinaigrette Dressing</b>	<b>1 gal</b>	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.

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