



RC Product Code: 54410

Springtime Chicken Salad

www.richchicks.com

Whole Grain Breaded, Chicken Nuggets, CN Labeled, Fully Cooked

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

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 salad and 1oz dressing	Cholesterol (mg)	20
Calories	319	Sodium (mg)	428
Total Fat (g)	20.6	Total Carbohydrates (g)	19
Saturated Fat (g)	3.5	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	16

Ingredients	Amount	Instructions
Whole Grain Breaded, Chicken Nuggets, CN Labeled, Fully Cooked	30 lbs	Place breaded nuggets in single layer on large sheet pan, heat in 350° F convection oven for 7-9 minutes or until popcorn reaches 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 1tbsp 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 5 each of the nuggets.

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