



RC Product Code: 54487

Springtime Chicken Salad

with Premium Artisan Whole Grain Breaded Chicken Breast Nuggets, CN Labeled, Fully Cooked

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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



Nutritional information for 1 salad and 1oz dressing

Portion	1 salad and 1oz dressing	Cholesterol (mg)	51
Calories	362	Sodium (mg)	354
Total Fat (g)	21.6	Total Carbohydrates (g)	21
Saturated Fat (g)	3.5	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	23.2

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Chicken Breast Nuggets, CN Labeled, Fully Cooked	30 lbs	Place breaded nuggets in single layer on large sheet pan, heat in 350° F convection oven for 9-12 minutes or until nuggets 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 2cups in individual salad container.
Fresh Strawberries	10 lbs	Sprinkle 1/4cup sliced strawberries and 1 Tbsp sliced almonds on top of romaine.
Balsamic Vinaigrette Dressing	1 gal	Place 1oz 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.

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