



RC Product Code: 94403

# Buffalo Blue Chicken Salad

with Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked

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**Serving Size:** 1 salad  
**Yield:** 100 servings  
**Contribution:** 2 oz meat/meat alternate, 2 oz grain, 1/2 cup fruit, 1 dark green vegetable



Artisan

## Nutritional Information for 1 Salad

<b>Portion</b>	1 salad	<b>Cholesterol (mg)</b>	70
<b>Calories</b>	617	<b>Sodium (mg)</b>	958
<b>Total Fat (g)</b>	35	<b>Total Carbohydrates (g)</b>	61
<b>Saturated Fat (g)</b>	6.81	<b>Sugar (g)</b>	24
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	22

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked	30 lbs	Thaw Buffalo-Style sauce under refrigeration. Place 5# of frozen poppers in large metal bowl. Toss the poppers with 20oz of Buffalo-Style sauce coating the poppers.
Lower Sodium Buffalo	1 case	Place poppers in single layer on large sheet pan, heat in 350° F convection oven for 8 -10 minutes or until boneless wings reach an internal temperature of 165° F.
Romaine Lettuce	32 lbs	Clean and coarse chop the romaine. Place 2 cups in individual salad container.
Carrots	8 lbs	Clean and shred carrots, add 1/4 cup to each individual salad container.
Craisins	8 lbs	Add 1/4 cup craisins to each individual salad container.
Croutons	50 cups	Top salad with 1/2 cup of croutons.
Lite Blue Cheese Dressing	1 gal	Place 1 oz dressing in souffle cup and serve on the side. Right before serving add 10 each of the hot poppers.

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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