



RC Product Code: 94403

Popper Pocket

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

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Serving Size: 1 popper pocket
Yield: 100 servings
Contribution: 1oz meat/meat alternate, 2oz grain, 1/4cup of other vegetable



Artisan

Nutritional Information for 1 Popper Pocket

Portion	1 popper pocket	Cholesterol (mg)	31
Calories	259	Sodium (mg)	367
Total Fat (g)	9	Total Carbohydrates (g)	34
Saturated Fat (g)	2	Dietary Fiber (g)	>1
Trans Fat (g)	0	Protein (g)	14
Sugar (g)	2		

Ingredients

Amount

Instructions

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

15lbs

Place poppers in single layer in sheet pan, heat in 350° F convection oven for 8-10 minutes or until poppers reach an internal temperature of 165° F.

Herbed Pita Pocket

9 packages

Open pita pocket, place 1/4cup shredded cabbage inside. Top with 5 poppers and 1tbsp Tzatziki sauce serve.

Cabbage (Shredded)

21lb

Tzatziki Sauce
(See Recipe Below)

1gal

Tzatziki Sauce

Amount

Yield 1 Gallon

Cucumbers

4.5lbs

Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.

Plain Greek Yogurt
32oz container

3 containers

Add yogurt, dill, lemon juice, garlic and sea salt. Mix thoroughly.

Fresh Dill Chopped

1cup

Refrigerate overnight.

Lemon Juice

1/2cup

Refrigerate overnight.

Minced Garlic

7 cloves

Fine Sea Salt

1tbsp

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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