Rich Chicks
RICH IN NUTRITION

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Springtime Chicken Salad

with Premium Artisan Whole Grain Breaded Boneless Chicken Wings, NAE, Fully Cooked

RC Product Code: 23409

Smart Snack Artisan

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
Smart Snack:	smart snack compliant w/o almonds

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 Salad and 1 oz Dressing	**Cholesterol (mg)**	41
Calories	362	**Sodium (mg)**	408
Total Fat (g)	19.6	**Total Carbohydrates (g)**	22
Saturated Fat (g)	2.9	**Sugar (g)**	3
Trans Fat (g)	0	**Protein (g)**	23

Ingredients	Amount	Instructions
Rich Chicks Artisan Whole Grain Breaded Truly Whole Muscle Boneless Wing/Chunk	30 lbs	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven – 100% Fan Speed:** Bake at 375°F for 11-13 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 375°F for 11-13 minutes **Conventional Oven:** Bake at 375°F for 13-15 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
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 1 tbsp 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 4 each of the hot boneless wings.

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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.