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Rich Chicks is Better-For-You Chicken!

FESTIVE FEASTS!





The Clucker Thanksgiving

with Grilled Non-breaded Made With Whole Muscle Chicken Breast Patty, Fully Cooked
RC Product Code: 56404

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Serving Size: 1 patty
Yield: 100 servings
Contribution: 2 M/MA, 1/2 Vegetable Other, 1/2 Vegetable Starchy

Nutritional information for 1 serving

Portion	1 patty	Cholesterol (mg)	67
Calories	476	Sodium (mg)	588
Total Fat (g)	8.3	Total Carbohydrates (g)	63
Saturated Fat (g)	2.5	Sugar (g)	38
Trans Fat (g)	0	Protein (g)	28

Ingredients	Amount	Instructions
Rich Chicks MWWM Breast Patty 56404	20 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 250°F for 12-15 minutes Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 250°F for 10-12 minutes Conventional Oven: Bake at 250°F for 12-15 minutes Suggested Holding Times: Hold at 150°F for 1.5-2 hours.
Frozen Green Beans	10 - 2 lb bags	Prepare green beans according to package directions. Hold at appropriate temperature until service
Mashed Potatoes	2- 3.55 lbs bags	Prepare mashed potatoes according to package directions. Hold at appropriate temperature until service.
Gravy	4 -#5 cans	Heat gravy as directed on package. Hold for service.
Cranberry Sauce	3 - #10 cans	Pour cranberry sauce in 1/2 steamtable pan. Chill until ready for service.
Milk	100 servings	Place 1 chicken patty, 1/2 cup mashed potatoes, 1/4 cup gravy, 1/2 cup green beans, 1/4 cup cranberry sauce and one container of milk on each tray



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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.



Cranberry Chicken Sandwich

with Grilled Non-breaded Made With Whole Muscle Chicken Breast Patty, Fully Cooked

RC Product Code: 56404

www.richchicks.com

Serving Size: 1 sandwich
Yield: 100 servings
Contribution: 2 m/ma, 2 grains

Nutritional information for 1 sandwich

Portion	1 sandwich	Cholesterol (mg)	50
Calories	300	Sodium (mg)	471
Total Fat (g)	310.5	Total Carbohydrates (g)	35
Saturated Fat (g)	0.5	Sugar (g)	8
Trans Fat (g)	0	Protein (g)	20

Ingredients	Amount	Instructions
Rich Chicks MWWM Breast Patty 56404	20 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 250°F for 12-15 minutes Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 250°F for 10-12 minutes Conventional Oven: Bake at 250°F for 12-15 minutes Suggested Holding Times: Hold at 150°F for 1.5-2 hours.
BakeCrafter's 472 WG Hamburger bun	1 case	Prepare Hamburger buns per instructions on package
Cranberry Chutney	1 gal	Place heated Chicken patty on bottom portion of bun, add 1 Tbsp Cranberry Chutney Sauce place top of bun wrap and serve.
Cranberry Chutney	Amount	Yield is 2 quarts
Sugar	4 cups	In large sauce pan or small steam jacketed kettle combine sugar and water. Bring to a boil over medium heat. Simmer 5 minutes
Water	2 cups	Add cranberries, simmer 5 minutes longer or until berries begin to pop. Stir in preserves and lemon juice. Remove from heat.
Cranberries	8 cups	Ladle into storage jar. Chill. Keep under refrigeration.
Pineapple Preserves	1/2 cup	
Lemon Juice	1/2 cup	



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Winging Through The Holidays

with **Grilled Boneless Chicken Wings, Fully Cooked**
RC Product Code: 56405

www.richchicks.com

Serving Size: 1 Plate
Yield: 100 Servings
Contribution: 2 M/MA, 2 grain equivalents, 1/8 cup Dark Green vegetable,
 1/8 cup Red/Orange vegetable, 1/4 cup other vegetable

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 Plate	Cholesterol (mg)	50
Calories	360	Sodium (mg)	546
Total Fat (g)	6.22	Total Carbohydrates (g)	44
Saturated Fat (g)	1.5	Sugar (g)	16
Trans Fat (g)	0	Protein (g)	21

Ingredients	Amount	Instructions
Rich Chicks Boneless Wings 56405	1 case	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 250°F for 11-13 minutes Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 250°F for 7-9 minutes Conventional Oven: Bake at 250°F for 9-11 minutes Suggested Holding Times: Hold at 150°F for 1.5-2 hours.
Whole Grain Stuffing	5 - 28 oz bags	Prepare whole grain stuffing mix according to package directions. Hold for service
Roasted California Blend Vegetables	10 - 2 lb bags	Place 1 bag frozen vegetables in bowl. Drizzle 4 Tbsp olive oil and lightly season with salt free seasoning then toss. Place on parchment lined baking sheet. Bake in 350° F convection oven for 10 - 12 minutes or until vegetables are lightly browned and preferred temperature.
Cranberry Chutney (see recipe below)	2 gal	Plating - Place 4 boneless wings, 1/2 cup stuffing, 1/2 cup roasted vegetables and 1/4 cup cranberry chutney on a tray
Cranberry Chutney	Amount	Instructions
Sugar	4 cups	In large sauce pan or small steam jacketed kettle combine sugar and water. Bring to a boil over medium heat. Simmer 5 minutes
Water	2 cups	Add cranberries, simmer 5 minutes longer or until berries begin to pop. Stir in preserves and lemon juice. Remove from heat.
Cranberries	8 cups	Ladle into storage jar. Chill. Keep under refrigeration.
Pineapple preserves may substitute orange marmalade	1/2 cup	
Lemon Juice	1/2 cup	



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Rosemary Citrus Chicken Bowl

with Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked
RC Product Code: 91401

www.richchicks.com

Serving Size: 1 bowl
Yield: 100 servings
Contribution: 2 oz Meat/MA, 1 dark green vegetable, 2 oz grains

Nutritional Information for 1 cup

Portion	1 bowl	Cholesterol (mg)	48
Calories	404	Sodium (mg)	557
Total Fat (g)	6	Total Carbohydrates (g)	63
Saturated Fat (g)	1.35	Sugar (g)	10
Trans Fat (g)	0	Protein (g)	24

Ingredients	Amount	Instructions
Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked	20 lbs	<p>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 400°F for 7-9 minutes Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 400°F for 7-9 minutes Conventional Oven: Bake at 400°F for 10-13 minutes Suggested Holding Times: Hold at 150°F for 1.5-2 hours.</p>
Broccoli Florets	35 lbs	Steam Broccoli florets until tender crisp according to package directions.
Brown Rice	13 lbs	Cook brown rice according to package directions
Garlic Rosemary Citrus Sauce	1 1/2 gal	In a bowl layer, 1 cup brown rice, 1 cup broccoli florets and 5 meatballs. Before serving drizzle 2 oz rosemary glaze over bowl. Serve



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Winging the Holidays

with Premium Artisan WG Breaded Boneless Chicken Wing/Breast Chunk (4pc)

RC Product Code: 23415

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Serving Size: 1 1/2 cup
Yield: 100 servings
Contribution: 2 oz Meat/MA, 1 grain, 5/8 cup vegetables
 (1/4 cup red/orange, 1/8 cup other, 1/4 cup additional)

Nutritional Information for 1 Serving

Portion	1 plate	Cholesterol (mg)	52
Calories	606	Sodium (mg)	675
Total Fat (g)	15.8	Total Carbohydrates (g)	84
Saturated Fat (g)	5.8	Sugar (g)	12
Trans Fat (g)	0	Protein (g)	28

Ingredients

Amount

Instructions

RC Premium artisan WG Breaded Boneless Chicken Wing/Breast Chunk 23415

26 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 13-15 minutes
Conventional Oven: Bake at 375°F for 12-14 minutes
Suggested Holding Times: Hold at 150°F for 1.5-2 hours.

Sweet potato casserole

100

See recipe below

Roasted California Blend Vegetables

10-2 lb bags

Place 1 bag frozen vegetables in bowl. Drizzle 4 Tbsp olive oil and lightly season with salt free seasoning then toss. Place on parchment lined baking sheet. Bake in 350° F convection oven for 10 - 12 minutes or until vegetables are lightly browned and at preferred temperature.

Dinner roll & butter pat

100 -each

Plating - Place 4 boneless wings, 1/2 cup sweet potatoe casserole, 1/2 cup roasted vegetables, 1 dinner roll and butter pat on a tray

Sweet Potato Casserole

Amount

Yield is 100 servings

Sweet potatoes canned, mashed

6 # 10 cans

Place sweet potatoes in a mixer bowl, add margarine, brown sugar, orange juice, nutmet, vanilla flavor, cinnamon and eggs. Mix the ingredients until they are well combined.

Margarine, Bulk melted

1 lb

Brown Sugar, packed

4 cups

Orange Juice

64 oz

Nutmeg, ground

4 tsp

Cinnamon, ground

4 tsp

Imitation Vanilla extract

4 tbsps

Frozen Whole eggs, thawed

2 lbs

Spray 2 full sized pans with pan release spray. Divide sweet potato mixture between the 2 pans. Bake in 350°F convection oven for 30 - 45 minutes.

Hold for service



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