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Rich Chicks is Better-For-You Chicken!

SUPER BOWLS





Finger Lickin Mashed Potato Bowl

with Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked
RC Product Code: 94403



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Serving Size: 1 bowl
Yield: 100 servings
Contribution: 2 oz meat/meat alternate, 1 oz grain,
 1 cup starchy vegetable

**Nutritional Information for 1/2 cup Potatoes,
 1/2 cup Corn, 10 Poppers and 1/4 cup Gravy**

Portion	1 servings	Cholesterol (mg)	60
Calories	420	Sodium (mg)	435
Total Fat (g)	13.5	Total Carbohydrates (g)	60
Saturated Fat (g)	2.4	Sugar (g)	4
Trans Fat (g)	0	Protein (g)	20



Ingredients

Amount

Instructions

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

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 7-9 minutes
Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 375°F for 7-9 minutes
Conventional Oven: Bake at 375°F for 10-13 minutes
Suggested Holding Times: Hold at 150°F for 1.5-2 hours.

Potatoes (Mashed Frozen)

28 lbs

Prepare mashed potatoes according to package directions.

Corn (Frozen No Salt Added)

20 lb

Prepare corn according to package directions.

Chicken Gravy - (Made with Low Sodium Chicken Base)

1.75 gal

In a bowl, layer 1/2 cup mashed potatoes, 1/2 cup corn, 10 poppers and 1/4 cup gravy. (For Grab N Go - gravy can be put in a separate container & added before consuming product).

Awesome Alternatives: 54409



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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.



Thai Chili Meatball Bowl

with Kickin' Chicken Meatball with Real Mango and Real Jalapeno, Fully Cooked
RC Product Code: 91402

www.richchicks.com

Serving Size: 3 cups
Yield: 100 Servings
Contribution: 2 oz meat/meat alternate, 1 cup dark green vegetable, 2 oz grains



Nutritional Information for Thai Chili Bowl

Portion	3 cup	Cholesterol (mg)	56
Calories	399	Sodium (mg)	447
Total Fat (g)	7	Total Carbohydrates (g)	66
Saturated Fat (g)	1.8	Sugar (g)	5
Trans Fat (g)	0	Protein (g)	21

Ingredients

Rich Chicks Mango
 Jalapeno Meatballs 91402

Amount

20 lbs

Instructions

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 7-10 minutes
Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 400°F for 7-10 minutes
Conventional Oven: Bake at 400°F for 10-13 minutes
Suggested Holding Times: Hold at 150°F for 1.5-2 hours.

Sweet Chili Thai Sauce
 (Recipe Below)

2.5 qts

Steam Broccoli florets until tender crisp according to package directions.

Broccoli Florets

35 lbs

Cook brown rice according to package directions.

Brown Rice

13 pounds

In a bowl layer, 1cup brown rice, 1cup broccoli florets and 1 cup meatball sauce mixture. Serve.

Sweet Thai Chili Sauce

Amount

Instructions

Water

1 qt + 1 pt

Pour water and vinegar into a small stock pot and bring to a boil over high heat. Stir in sugar, ginger, garlic, chili peppers and ketchup. Simmer for 5 minutes. Stir in cornstarch paste. Heat until cornstarch is clear. Remove from stove to cool. Transfer to covered container and refrigerate until needed.

Rice Vinegar

1 qt + 1 pt

Sugar

2 lbs + 11 oz

Fresh Ginger root Minced

4 tbsp

Garlic Minced

2 tbsp

Hot Chili peppers Minced

4 tbsp

Ketchup

4 tbsp

Cornstarch

4 tbsp



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 RECIPE IDEAS

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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, 2 oz grains, 1 dark green vegetable

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)	1.4	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 7-10 minutes Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 400°F for 7-10 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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Korean BBQ 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/meat alternate, 2 grains, 1 cup dark green vegetable

Nutritional Information

Portion	1 Bowl	Cholesterol (mg)	48
Calories	404	Sodium (mg)	557
Total Fat (g)	6	Total Carbohydrates (g)	63
Saturated Fat (g)	1.4	Sugar (g)	10
Trans Fat (g)	0	Protein (g)	24

Ingredients

Amount

Instructions

Rich Chicks Garlic Basil Meatballs

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 400°F for 7-10 minutes
Combi Oven - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 400°F for 7-10 minutes
Conventional Oven: Bake at 400°F for 10-13 minutes
Suggested Holding Times: Hold at 150°F for 1.5-2 hours.

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.

Korean BBQ Sauce

1 gal

In a bowl layer, 1 cup brown rice, 1 cup broccoli florets and 5 meatballs. Before serving drizzle 1 oz Korean BBQ sauce over bowl. Serve.



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Bibimbap Chicken Bowl

with Grilled Sensations WM Boneless Chicken Wing/Breast Chunk (4pc)

RC Product Code: 56405

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Serving Size: 1 bowl
Yield: 100 servings
Contribution: 2 oz Meat/MA, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/4 cup other vegetable and 1 oz grain

Nutritional Information for 1 Serving

Portion	1 bowl	Cholesterol (mg)	50
Calories	460	Sodium (mg)	710
Total Fat (g)	6.6	Total Carbohydrates (g)	50
Saturated Fat (g)	1	Sugar (g)	18.5
Trans Fat (g)	0	Protein (g)	20

Ingredients	Amount	Instructions
Rich Chicks Grilled Boneless Chicken Breast Chunks	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 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.
Brown Rice	6.25 lbs	Spray 1 full-size pans with vegetable spray. Place 6 lbs, 4 oz. of rice in each pan and cover with 1 gal plus 1 quart boiling water. Stir. Cover pan tightly. Bake in convection oven at 325°F for 40 minutes. Remove cooked rice from oven and let stand covered for 5 minutes. Stir, recover and hold for service in warmer.
Carrots, Matchsticks	5 lbs	In tilt skillet saute carrots in oil for 5 minutes. Cool and hold for service.
Cucumbers, Sliced and Quartered	5 lbs	In tilt skillet saute cucumbers in oil for 3 minutes, cool and hold for service.
Spinach, Fresh Ready To Use	10 lbs	Coarse chop spinach leaves, saute in oil until leaves start to wilt. Cool and hold for service.
Gochujang Sauce	1 gallon	In bowl, place 1/2 cup cooked rice. Top with 4 boneless chicken wings, 1/4 cup each of the carrots, cucumbers and spinach. Drizzle 1/4 cup Gochujang sauce over entire bowl and serve.



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Chicken Shawarma Bowl

with Grilled Sensations MWWM Grilled Chicken Breast Patty

RC Product Code: 56404

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Serving Size: 1 bowl
Yield: 100 servings
Contribution: 2 oz meat/ma, 2 grains, 3/4 cup vegetables

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 cup	Cholesterol (mg)	58
Calories	671	Sodium (mg)	304
Total Fat (g)	19	Total Carbohydrates (g)	83
Saturated Fat (g)	2	Sugar (g)	7
Trans Fat (g)	0	Protein (g)	34

Ingredients	Amount	Instructions
Rich Chicks Artisan Chicken 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
Lemon Juice	4.75 cups	Whisk lemon juice, olive oil, granulated garlic, cumin, paprika, oregano, tumeric and black pepper together until thoroughly mixed into marinade.
Olive Oil	3.25 cups	
Granulated garlic	1 cup	Pour marinade over chicken, stir, cover and hold under refrigeration for 2 hours. Spray 2 full-size pans with vegetable spray. Place 6 lbs, 4 oz. of rice in each pan and cover with 1 gal plus 1 quart boiling water. Stir. Cover pans tightly. Bake in convection oven at 325 ° F for 40 minutes. Remove cooked rice from oven and let stand covered for 5 minutes. Stir, recover and hold for service in warmer.
Cumin, ground	1/2 cup	
Paprika, ground	1/2 cup	
Oregano, dried	1/2 cup	
Tumeric, ground	2 Tbsp	
Black pepper, ground	1/2 cup	
Brown Rice, long-grain parboiled	12.5 lbs	
Water	2 gal + 2 qrts	Clean and dice cucumbers. Hold covered under refrigeration until ready to assemble.
Cherry Tomatoes	8.5 lbs	To make hummus, drain the garbanzo beans and place in food processor. Add lime juice, minced garlic, tahini, sumac and ground cumin. Puree into a paste. If too thick add small amounts of water until correct consistency is reached. Cover and refrigerate until ready to assemble.
Cucumbers, diced with skin	8.25 lbs	
Garbanzo beans, canned drained	3/#10	Place seasoned chicken in steamer. Cook for 15 minutes or until internal temperature reaches 165°F.
Lime Juice	2 cups	
Garlic, minced	3.5 Tbsp	To assemble. Place 1 cup of rice in bowl, top with #12 scoop of seasoned chicken, 1/4 cup cherry tomatoes, 1/4 cup diced cucumbers, 1/4 cup humus and 2 Tbsp (#30 scoop) tzatziki sauce.
Tahini	2 cups	
Sumac	3.5 Tbsp	
Cumin, ground	3.5 Tbsp	
Tzatziki sauce	1 gal	

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Miso Chicken Noodle Bowl

with Seasoned Dark Meat Chicken
Crumbles, Fully Cooked
RC Product Code: 37101

Serving Size: 1 bowl
Yield: 100
Contribution: 2 oz meat/ma, 2 oz grains, 1/2 cup vegetable

Nutritional Information for 1 Serving

Portion	1 bowl	Cholesterol (mg)	99
Calories	455	Sodium (mg)	651
Total Fat (g)	8.4	Total Carbohydrates (g)	42
Saturated Fat (g)	1.3	Sugar (g)	2.9
Trans Fat (g)	0	Protein (g)	30

Ingredients

Amount

Instructions

USDA Spaghetti,
Whole Grain Rich, #110506

11 lbs, 5 oz

Cook whole grain rich spaghetti according to package directions. Hold warm.

Rich Chicks Seasoned Dark
Chicken Crumbles 37101

1 case

Recommended Heating Instructions: (Heat After Thawed)
Convection Oven: Place thawed product evenly in stem table pan and cover. Bake at 350 F for 14-16 minutes.
Conventional Oven: Baked at 350 F for 18-20 minutes.
Combi oven 60% steam: Place thawed product in a parchment lined sheets pan. Bake at 350 F for 5-8 minutes.

Sesame Oil

1 cup

Ginger, Fresh, Minced Or Grated

1 cup

In a large pot or steam jacketed kettle, heat sesame oil at medium heat. Add garlic and ginger and saute for 1 minutes, do not brown. Add broth and miso and whisk until miso is dissolved.

Garlic, Fresh, Grated

1 cup

Miso

3 gal

Mix, carrots, pea pods and broccoli slaw and hold for service.

Chicken Stock, Unsalted

2 cups

Carrots, Matchsticks

5 lbs

To serve layer the following in a bowl.

Pea Pods

5 lbs

Spaghetti	1 cup
Chicken	2/3 cup
Mixed Vegetables	1/2 cup
Broth	1/2 cup

Broccoli Slaw

5 lbs



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