Rich Chicks
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Finger Lickin Mashed Potato Bowl

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

RC Product Code: 94405

NO ANTIBIOTIC EVER

Artisan

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 serving	**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.