



Rosemary Citrus Chicken Bowl

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

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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	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
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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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.