Rich Chicks
RICH IN NUTRITION

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Pulled Chicken Street Tacos

with Seasoned Hand Pulled Chicken 80 Dark /20 White Meat, NAE

RC Product Code: 97103

Serving Size:	2 Tacos
Yield:	100 servings
Contribution:	2.5 oz M/MA, 1 grain

Nutritional Information

Portion	2 tacos	**Cholesterol (mg)**	80
Calories	292	**Sodium (mg)**	255
Total Fat (g)	15	**Total Carbohydrates (g)**	15
Saturated Fat (g)	7	**Sugar (g)**	2
Trans Fat (g)	0	**Protein (g)**	24

Ingredients	Amount	Instructions
Rich Chicks Seasoned Hand Pulled Chicken 80 Dark / 20 White Meat, NAE 97103	1 case	Heat Pulled chicken according to package directions. In each of 4 full size steam table pans place one bag of pulled chicken.
Salt Free Taco Seasoning Mix (either Lawry's Salt Free Mexican Seasoning or Spiceology El Taco seasoning)	20 oz	To each pan of pulled chicken add 1/4 cup of Salt Free Taco Seasoning Mix. Mix well. Cover tightly and hold for service.
Onions Diced	4 lbs	Prepare Taco shells according to package directions
Shredded Cheese	1.5 lbs	Before service stir 1# diced onions into each pan of taco meat
Whole Grain Taco Shells, (General Mills Pancho Villa)	1 case	In each taco shell add 1/3 cup taco meat and 1 Tbsp shredded cheese. Garnish with chopped cilantro. A serving is 2 tacos.
Cilantro Chopped	1 lb	

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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.