Rich Chicks
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BBQ Chick-A-Boom Sandwich

with Seasoned Hand Pulled Chicken
80 Dark / 20 White Meat, NAE
RC Product Code: 97103

Serving Size:	1 Sandwich
Yield:	100 servings
Contribution:	2.5 M/MA, 3 grains, 1/8 cup other vegetable

Nutritional Information

Portion	1 sandwich	**Cholesterol (mg)**	78.5
Calories	435	**Sodium (mg)**	713
Total Fat (g)	13.7	**Total Carbohydrates (g)**	50
Saturated Fat (g)	4	**Sugar (g)**	11
Trans Fat (g)	0	**Protein (g)**	27.5

Ingredients	Amount	Instructions
Rich Chicks Seasoned Hand Pulled Chicken 80 Dark / 20 White Meat, Nae 97103	20 lbs	Prepare pulled chicken according to instructions on the package.
BBQ Sauce - low sodium	3 quarts	Place 1 bag heated pulled chicken in pan. Add 3 cups of BBQ sauce to chicken and stir until well mixed.
Whole Grain Rich 3 3/4" hamburger buns	100 each	Prepare onion rings per instructions on package.
Whole Grain Brd Onion Rings	10 lbs	Place #12 scoop of BBQ chicken on bottom portion of bun. Top with 1 slice of pepper jack cheese, 2 onion rings and 2 pickled jalapeno slices. Place on top of the sandwich, wrap and hold hot for service.
Sliced Pepper Jack Cheese	3 lbs 2 oz	
Pickled jalapeno peppers	32 oz	

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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.