Rich Chicks
RICH IN NUTRITION

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Chicken Gobbler Bowl

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

Serving Size:	1 bowl
Yield:	100 servings
Contribution:	2 M/MA, 3/4 grain, 1/2 Vegetable Starchy

Nutritional Information

Portion	1 bowl	**Cholesterol (mg)**	71
Calories	465	**Sodium (mg)**	770
Total Fat (g)	7.2	**Total Carbohydrates (g)**	72
Saturated Fat (g)	1	**Sugar (g)**	27
Trans Fat (g)	0	**Protein (g)**	26

Ingredients	Amount	Instructions
Rich Chicks Hand Pulled Seasoned chicken 97103	20 lbs	Drop chicken pouches into boiling water and heat for 55 minutes or until product reaches desired temperature. Hold hot until service.
Whole grain rich stuffing mix	4 -(28 oz each) packages	Prepare stuffing mix according to package directions. Hold at appropriate temperature until service
Mashed Potatoes	2- (3.55 pounds each) bags	Prepare mashed potatoes according to package directions. Hold at appropriate temperature until service.
Gravy	4 -#5 cans	Heat gravy as directed on package. Hold for service.
Cranberry Sauce	3 - #10 cans	Pour cranberry sauce in 1/2 steamtable pan. Chill until ready for service.
		In a 12 oz bowl place 1/2 cup mashed potatoes and 1/2 cup stuffing side by side. Top with 2.5 oz pulled chicken. Drizzle 1/4 cup gravy over chicken, mashed potatoes and stuffing. Garnish with 1/4 cup cranberry sauce.

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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.