Rich Chicks
RICH IN NUTRITION

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# Chicken Gobbler Lunch

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

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|---|---|
| **Serving Size:** | 1 plate |
| **Yield:** | 100 servings |
| **Contribution:** | 2 M/MA, 2 grains, 1/2 Vegetable Other, 1/2 Vegetable Starchy |

## Nutritional Information

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|---|---|---|---|
| **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 |
| Frozen Green Beans | 10 -(2 pounds each) bags | Prepare green beans 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. |
| Whole grain rich d inner rolls | 100 each | Place 2.5 oz pulled chicken, 1/2 cup stuffing,1/2 cup green beans, and 1/2 cup mashed potatoes on a tray. Top the mashed potatoes and stuffing with a 1/4 cup gravy. Add 1/4 cup cranberry sauce and one dinner roll to each tray |

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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.