Rich Chicks
RICH IN NUTRITION

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Foot Long Chicken Nachos

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

Serving Size:	1 footlong tray
Yield:	100 servings
Contribution:	2.5 oz M/MA, 1.5 oz grain, 3/4 cup legumes, 1/2cup red/orange

Nutritional Information

Portion	1 footlong tray	**Cholesterol (mg)**	96
Calories	646	**Sodium (mg)**	807
Total Fat (g)	21	**Total Carbohydrates (g)**	70
Saturated Fat (g)	4	**Sugar (g)**	7
Trans Fat (g)	0	**Protein (g)**	38

Ingredients	Amount	Instructions
Rich Chicks Seasoned Hand Pulled Chicken 80 Dark / 20 White Meat, Nae 97103	20 lbs	Prepare Pulled chicken according to package directions. Prepare 4 deep full sized pans. Once chicken is heated drain off liquid reserving the liquid in bowl. Empty 1 bag into each deep pan.
Salt Free Taco Seasoning Mix	20 oz	To the reserved liquid from 1 bag of chicken add 5 oz of taco seasoning mix. Blend until completely dissolved then stir into shredded chicken, making sure all chicken is covered.
Usda Refried Beans, Low-Sodium #100362	6-#10 cans	To each pan of chicken add 1 1/2 cans of refried beans mixing well. Cover and heat in 350° F oven until mixture reaches 165°F. Hold hot until ready to assemble.
Doritos Reduced Fat Nacho Cheese Chips	100 - 1 oz pkgs	
Diced Tomatoes, Fresh	9 lbs 6 oz	Line footlong hot dog tray with 1 oz of nacho cheese chips.
Diced Onions	1 lb	
Diced Red or Green Peppers	1 lb	Top chips with 2 - #10 scoops of chicken and bean mixture.
Sliced Black Olives	32 oz	Sprinkle 1/2 oz of shredded cheese on top of chicken and bean mixture.
Sliced Jalapenos	64 oz	
Sour Cream - 1 Oz Portion Packs	100 each	Garnish with 1/4 cup diced tomatoes and 1 Tablespoon each of the onions, pepper, olives and sliced jalapenos.
Low Sodium Salsa - 1.5 Oz Portion Packs	100 each	
Usda Reduced Fat Shredded Cheese #10012	3 lbs 2 oz	Serve with pc of sour cream and salsa.

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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.