Rich Chicks
RICH IN NUTRITION

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High Five Chicken Salad

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

Serving Size:	2/3 cup
Yield:	100 servings
Contribution:	2 oz M/MA, 1/4 cup fruit

Nutritional Information

Portion	2/3 cup	**Cholesterol (mg)**	77
Calories	371	**Sodium (mg)**	346
Total Fat (g)	24	**Total Carbohydrates (g)**	17
Saturated Fat (g)	4	**Sugar (g)**	15
Trans Fat (g)	0	**Protein (g)**	20

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 2 deep full sized pans. Once chicken is heated drain off liquid and rough chop. Empty 2 bag into each deep pan.
Celery, Diced	4 lbs	To each pan of pulled chicken add 2 lbs of diced celery, 2.5 lbs of seedless grapes, and 1.5 pound of dried cranberries.
Seedless red grapes halved	5 lbs	Mix in 1 1/2 quarts mayonaise. Cover and chill until service.
Dried Cranberries	3 lbs	
Mayonaise	3 quarts	Serve with # 6 scoop.

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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.