Rich Chicks
RICH IN NUTRITION

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# Sunny Chicken Pasta Salad

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

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|---|---|
| **Serving Size:** | 1 1/2 cups |
| **Yield:** | 100 servings |
| **Contribution:** | 2 oz M/MA, 1 grain,3/4 cup other vegetables, |

## Nutritional Information

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|---|---|---|---|
| **Portion** | 1 1/2 cups | **Cholesterol (mg)** | 66 |
| **Calories** | 323 | **Sodium (mg)** | 638 |
| **Total Fat (g)** | 14 | **Total Carbohydrates (g)** | 26 |
| **Saturated Fat (g)** | 2.25 | **Sugar (g)** | 6 |
| **Trans Fat (g)** | 0 | **Protein (g)** | 23 |

| 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. Empty 1 bag into each deep pan. |
| W G Rich Penne Pasta | 6 lbs 4 oz | Prepare pasta according to package directions for approximately 7 minutes or until it reaches al dente. Drain and place 1/4 of the pasta in each of the full sized pans. |
| California Blend Vegetables | 20 lbs | Add 5 lbs of thawed California Blend Vegetables and 8 oz drained sliced black olives to each pan. |
| Sliced Black Olives, drained | 2 lbs | Add 1 quart of Italian dressing to each pan, mix well and chill until service. |
| Italian Dressing | 1 gallon | Serve 12 ounces with a 6 oz perforated spoodle. |

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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.