



RC Product Code: 13443

Chick Deluxe Sandwich

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Chicken Breast Fillet, Fully Cooked

www.richchicks.com

Serving Size: 1 Sandwich
Yield: 100 Servings
Contribution: 2oz Meat/Meat Alternate, 2.5oz Grains,
1/8cup Red/Orange Vegetable



Smart Snack Artisan Dill Seasoned

Nutritional Information for 1 Serving

Portion	1 Sandwich	Cholesterol (mg)	53
Calories	341	Sodium (mg)	642
Total Fat (g)	9.6	Total Carbohydrates (g)	35
Saturated Fat (g)	1.5	Sugar (g)	>1
Trans Fat (g)	0	Protein (g)	24
Sugar (g)	4.7		

Ingredients

Amount

Instructions

Rich Chicks Rich-Fil-Yay!
Dill Seasoned WG Breaded
Chicken Breast Fillet

30lbs

Clean lettuce and portion in 3"-4" diameter leaves.
Clean and slice tomatoes.

Aunt Millie's WG
Hamburger Buns 3354

9 dozen

Place insides of tops and bottoms of buns face down
on hot grill to lightly toast.

Leaf or Romaine Lettuce

5lbs

Place Chicken Fillets on sheet pan. Heat at 350° F in a convection
oven for 10-12 minutes or until product reaches an internal
temperature of 165° F.

Tomatoes, Large Fresh Sliced

5.75oz

Place heated Chicken Fillet on bottom portion of roll, add
leaves of lettuce and 2 slices of tomato, cover with bun top,
wrap and serve.

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.

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