



RC Product Code: 54409

Finger Lickin Mashed Potato Bowl

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Whole Grain Breaded Popcorn Chicken, CN Labeled, Fully Cooked

Serving Size: 1 wrap
Yield: 100 servings
Contribution: 2oz meat/meat alternate, 1oz grain, 1cup starchy vegetable

Nutritional information for 10 popcorn, 1/2 cup potatoes, 1/2 cup corn, and 1/4 cup gravy

Portion	1 bowl	Cholesterol (mg)	20
Calories	382	Sodium (mg)	475
Total Fat (g)	10	Total Carbohydrates (g)	58
Saturated Fat (g)	2	Sugar (g)	4
Trans Fat (g)	0	Protein (g)	16

Ingredients	Amount	Instructions
Whole Grain Breaded Popcorn Chicken, CN Labeled, Fully Cooked	20 lbs	Place breaded popcorn in single layer on large sheet pan, heat in 350° F convection oven for 7-9 minutes or until popcorn reaches an internal temperature of 165° F.
Potatoes (Mashed Frozen)	28 lbs	Prepare mashed potatoes according to package directions.
Corn (Frozen No Salt Added)	20 lbs	Prepare corn according to package directions.
Chicken Gravy (Made With Low Sodium Chicken Base)	1.75 gal	In a bowl layer, 1/2 cup mashed potatoes, 1/2 cup corn, 10 popcorn and 1/4 cup gravy. (For Grab N Go - gravy can be put in a separate container & added before consuming product).

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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