



RC Product Code: 54497

Spicy Chicken Spinach Salad

with Premium Artisan Spicy Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked

www.richchicks.com

Serving Size: 1 salad
Yield: 100 serving
Contribution: 2 oz meat/meat alternate, 1 oz grain, 1 cup green Vegetable, 1/4 cup red/orange vegetable



Nutritional information for 1 salad

Portion	1 salad	Cholesterol (mg)	67
Calories	395	Sodium (mg)	591
Total Fat (g)	21.5	Total Carbohydrates (g)	28
Saturated Fat (g)	4	Sugar (g)	10
Trans Fat (g)	0	Protein (g)	23

Ingredients	Amount	Instructions
Premium Artisan Spicy Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked	30 lbs	Place breaded tenders in single layer on large sheet pan, heat in 350° F convection oven for 9-12 minutes or until tenders reach an internal temperature of 165° F.
Baby Spinach	26.5 lbs	Clean and coarse chop the spinach. Place 2 cups in individual salad container.
Carrots	8 lbs	Clean and shred the carrots. Sprinkle 1/4 cup shredded carrots on top of spinach.
Honey Mustard Dressing	1 1/2 gals	Place 2 tbsp of Honey Mustard dressing in soufflé cup. Place to the side of the salad.
Place 3 Spicy Tenders on top of Spinach 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.

www.richchicks.com