



RC Product Code: 94403

# Southern Fried Chicken Salad

with Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked

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**Serving Size:** 1 salad  
**Yield:** 100 servings  
**Contribution:** 2 oz meat/meat alternate, 2 oz grain, 1 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/4 cup fruit



Artisan

## Nutritional Information for 1 Salad

<b>Portion</b>	1 salad	<b>Cholesterol (mg)</b>	65
<b>Calories</b>	501	<b>Sodium (mg)</b>	712
<b>Total Fat (g)</b>	29	<b>Total Carbohydrates (g)</b>	45
<b>Saturated Fat (g)</b>	5	<b>Dietary Fiber (g)</b>	>1
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	18
<b>Sugar (g)</b>	21		

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Dark Meat Chicken Poppers, CN Labeled, Fully Cooked	30 lbs	Place poppers in single layer in sheet pan, heat in 350° F convection oven for 8-10 minutes or until poppers reach an internal temperature of 165° F.
Romaine Lettuce	32 lbs	Clean and coarse chop the romaine lettuce. Place 2 cups in individual salad container.
Carrots	8 lbs	Clean and shred carrots set aside.
Craisins	8 lbs	Add 1/4 cup shredded carrots and 1/4 cup craisins to Romaine lettuce.
Ranch Dressing	1 gal	Place 1 oz Ranch Dressing in souffle cup and serve on the side. Right before serving add 10 each of the hot dark meat chicken poppers.

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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