

www.richchicks.com

RC Product Code: 43424

Crunchy Chicken Wrap

with Premium Artisan Whole Grain Breaded Chicken Tenders, Fully Cooked

Serving Size:	1 wrap	ONEHEALTH CERTIFIED.		
Yield:	100 servings	CERTIFIED		
Contribution:	2 oz meat/meat alternate, 2.5 oz grains, 1/4 cup dark		SmartSnack	Artisan
	Green vegetable, 1/8 cup red/orange vegetable			
Smart Snack:	Smart snack compliant			

Nutritional Information for 1 Crunchy Chicken Wrap

Portion	1 wrap	Cholesterol (mg)	71
Calories	514	Sodium (mg)	877
Total Fat (g)	23	Total Carbohydrates (g)	50
Saturated Fat (g)	7.3	Sugar (g)	11
Trans Fat (g)	0	Protein (g)	27

Ingredients	Amount	Instructions	
Premium Artisan Whole Grain Breaded Chicken Tenders, Fully Cooked	25 lbs	Place tenders in single layer on large sheet pan, heat in 350°F convection oven for 10-12 minutes or until tenders reach an internal temperature of 165° F.	
Fresh Broccoli (Shredded)	6 lbs	Toss broccoli, carrots and spinach with poppy seed dressing.	
Fresh Carrots (Shredded)	4 lbs		
Fresh Baby Spinach (Chopped)	1 lb 9 oz	Place tortilla on deli paper wrap. Using No 8 scoop place 1/2 cup vegetable mixture in center of tortilla. Add 2 tenders and	
Poppy Seed Dressing (See Recipe Below)	3 qtrs	2 tbsp shredded cheese. Tuck sides and roll. Wrap in deli paper.	
Whole Grain Rich 8" Tortillas	100 each		

Poppy Seed Dressing Ingredients	Amount	Yield 100 Servings
Light Mayonnaise	1 qt	
White Vinegar	3 cups	
Sugar	1 qt	
Poppy Seeds	1/4 cup + 1 1/3 tbsp	Combine mayonnaise, vinegar, sugar, poppy seeds, onion pow- der, garlic powder and chili powder. Mix well.
Onion Powder	1/2 cup	
Garlic Powder	1/2 cup	
Chili Powder	1/2 cup	

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