



RC Product Code: 43424

# Tenders with BBQ Sauce

with Premium Artisan Whole Grain Breaded Chicken Tenders, Fully Cooked

[www.richchicks.com](http://www.richchicks.com)

**Serving Size:** 2 tenders, 2 oz bbq sauce  
**Yield:** 100 servings  
**Contribution:** 2 oz meat/meat alternate, 1 oz grain  
**Smart Snack:** Smart snack compliant



SmartSnack Artisan

## Nutritional Information for 2 Tenders+ 2oz BBQ Sauce

<b>Portion</b>	2 tenders+2 oz bbq sauce	<b>Cholesterol (mg)</b>	56
<b>Calories</b>	301	<b>Sodium (mg)</b>	529
<b>Total Fat (g)</b>	8	<b>Total Carbohydrates (g)</b>	35
<b>Saturated Fat (g)</b>	1.5	<b>Sugar (g)</b>	>1
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	20
<b>Sugar (g)</b>	17		

<b>Ingredients</b>	<b>Amount</b>	<b>Instructions</b>
Premium Artisan Whole Grain Breaded Chicken Tenders, Fully Cooked	25 lbs	Place breaded 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.
BBQ Sauce 1 oz	200 each	Place 2 hot tenders food tray w/2 pc of Red Gold BBQ sauce 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](http://www.richchicks.com)