



RC Product Code: 54497

Spicy Chicken Sub

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

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Serving Size: 1 sandwich
Yield: 100 servings
Contribution: 2 oz meat/meat alternate, 3 oz grain, 1/8 cup red/orange vegetable



Nutritional information for 3 spicy tenders, sub bun, tomatoes, lettuce and ranch dressing

Portion	1 sandwich	Cholesterol (mg)	54.5
Calories	457.5	Sodium (mg)	652
Total Fat (g)	19.6	Total Carbohydrates (g)	45
Saturated Fat (g)	3	Sugar (g)	6
Trans Fat (g)	0	Protein (g)	25

Ingredients	Amount	Instructions
Premium Artisan Spicy Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked	30 lbs	Prepare buns according to package directions.
6" Mini Sub Bun	100 rolls	Clean romaine and portion in 5" - 6" length leaves. Clean and slice tomatoes.
Romaine Lettuce	5 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.
Tomatoes (Large Fresh Sliced)	5.75 lbs	Place 3 heated chicken tenders on bottom portion of roll, add leaves of lettuce and 2 slices tomato, squirt 1tbsp of Ranch dressing on top, cover with roll top, wrap and serve.
Ranch Dressing	1/2 gal	

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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