



# Popper Pocket

## With Rich Chicks Artisan Whole Grain Breaded Dark Meat Chicken Poppers

**Serving Size:** 1 Pita Pocket

**Yield:** 120 Servings

**Contribution:** 1oz Meat/Meat Alternate, 2oz Grains

**Smart Snack:** Smart Snack Compliant

**RC Product Code:** 94403

Ingredients	Amount	Preparation Instructions
Rich Chicks Artisan Whole Grain Breaded Dark Meat Chicken Popper	20 lbs	1. Place poppers in single layer in sheet pan, heat in 350 degree convection oven for 8-10 minutes or until poppers reach an internal temperature of 165 degrees .
The Father's Table Herbed Pita Pocket - 01179	10 Packages	2. Open pita pocket, place 1/4 cup shredded cabbage inside. Top with 5 poppers and 1 Tbsp Tzatziki sauce serve.
Cabbage, Shredded	21 pounds	
Tzatziki Sauce	1 Gal	
Tzatziki Sauce—Ingredients	Amount	Yield 1 Gallon
Cucumbers	4.5 lbs	1. Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.
Plain Greek Yogurt 32 oz container	3 containers	2. Add yogurt, dill, lemon juice, garlic an sea salt. Mix thoroughly.
Fresh Dill Chopped	1 Cup	3. Refrigerate overnight.
Lemon Juice	1/2 Cup	
Minced Garlic	7 Cloves	
Fine Sea Salt	1 Tbsp	

Nutritional Information for 1 Pita Pocket			
Portion	1 Pita Pocket	Cholesterol (mg)	30.5
Calories	263	Sodium (mg)	369
Total Fat (g)	8.6	Total Carbohydrates (g)	34
Saturated Fat (g)	1.7	Dietary Fiber (g)	>1
Trans Fat (g)	0	Protein (g)	12
Sugar (g)	2.3		

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.