



# Southern Fried Chicken Salad

With Rich Chicks Artisan Whole Grain Breaded  
Dark Meat Chicken Poppers

**Serving Size:** 1 Salad

**Yield:** 128 Servings

**Contribution:** 2oz Meat/Meat Alternate, 1oz Grains, 1 Cup Vegetable, 1/4 Cup Red/  
Orange Vegetable, 1/2 Cup Fruit

**Smart Snack:** Not Currently 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 .
Romaine Lettuce	32 lbs	2. Clean and coarse chop the romaine lettuce. Place 2 cups in individual salad container.
Carrots	8 lbs	3. Clean and shred carrots set aside.
Craisins	8 lbs	4. Add 1/4 cup shredded carrots and 1/4 cup craisins to Romaine lettuce.
Ranch Dressing	1 Gal	5. Place 1oz Ranch Dressing in souffle cup and serve on the side. Right before serving add 10 each of the hot dark meat chicken poppers.

Nutritional Information for 1 Salad			
Portion	1 Salad	Cholesterol (mg)	64
Calories	501	Sodium (mg)	711
Total Fat (g)	29	Total Carbohydrates (g)	70
Saturated Fat (g)	5.3	Dietary Fiber (g)	>1
Trans Fat (g)	0	Protein (g)	17
Sugar (g)	21		

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.