

Popcorn Chicken Picnic Boxes

Gold Kist® Breaded Popcorn Chicken (691600) is ready for a fun picnic-style lunch with easy to serve and eat sides.

PHOTO COMING SOON!

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz eq M/MA

2 oz Grain

1/2 cup fruit

1/2 cup vegetable (1/4 cup other + 1/4 cup red/orange)

1 cup milk

DIFFICULTY

Easiest

ALLERGENS

Milk, Soy, Wheat

INGREDIENTS AND PREPARATION

100 servings (14 pieces each) Gold Kist Breaded Popcorn Chicken (691600)

100 bags baby carrots (1/4 cup each; about 17.8 pounds)

100 serving celery sticks (3 sticks each; about 8.2 pounds)

100 1-oz cheese sticks or slices

100 1-oz servings whole grain crackers

100 1/4 cup-servings raisins or dried cranberries

100 1-ounce containers lite Ranch dressing

100 1/2 pint containers milk (low-fat or fat-free white or fat-free chocolate)

1. Preheat oven to 350 ° F.
2. Place frozen chicken pieces in a single layer on an ungreased baking sheet. Bake in a conventional oven for 10-14 minutes or in a convection oven for 8-10 minutes or until internal temperature reaches 165 ° F. Let cool then place in refrigerator until service.
3. Meanwhile, prepare vegetables if needed.
4. When chicken has cooled, prepare each serving by placing 14 chicken bites, 1/4 cup carrots, 3 celery sticks, 1 cheese stick, 1 serving dried fruit, 1 bag crackers, 1 container Ranch dressing and 1 milk into "to-go" boxes or bags.
5. Serve cold (can also serve chicken warm if desired).

Nutrition Facts	
Serving Size (553g) (1 box)	
Amount Per Serving	
Calories 700	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1340mg	56%
Total Carbohydrate 92g	31%
Dietary Fiber 8g	32%
Sugars 46g	
Protein 33g	
Vitamin A 190%	Vitamin C 6%
Calcium 50%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestion: Use any fresh fruits or vegetables available.



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