

Greek Popcorn Chicken To-Go Boxes

Gold Kist® Breaded Popcorn Chicken (691600) served to-go with cucumbers, tomatoes, pita bread or chips with hummus for dipping!

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)

8.1 pounds cucumbers, sliced

8.3 pounds grape or cherry tomatoes

100 bananas (~27.8 pounds total)

100 whole grain pita breads or 100 servings whole grain pita chips

100 1-oz serving cups hummus

100 1/2 pints 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 as directed.
4. When chicken has cooled, prepare each serving by placing 14 chicken bites, 1/4 cup tomatoes, 1/4 cup cucumber slices, 1 banana, 1 pita bread, 1 hummus and 1 milk into "to-go" boxes or bags.
5. Serve cold (can also serve chicken warm if desired).

Nutrition Facts	
Serving Size (636g) (1 box)	
Amount Per Serving	
Calories 550	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 800mg	33%
Total Carbohydrate 77g	26%
Dietary Fiber 10g	40%
Sugars 29g	
Protein 30g	
Vitamin A 25%	Vitamin C 40%
Calcium 30%	Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Serving Suggestion: Use any fresh fruits or vegetables available.



Get the products and support trusted by so many. Talk to your representative today:
Call 800.336.9876 or visit GoldKist.com