

# Watermelon Pico Chicken Tacos

Prep Time: 15-20 min  
Cook Time: 12 min  
Cook Temp: 350°F  
Yield: 1 serving  
Serving Size: 2 Tacos



Serving Suggestion

**Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526),** served with corn tortillas, fresh avocado, and watermelon pico de gallo.

## INGREDIENTS:

- 4 oz **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)**
- 2 ea Corn tortillas, 6"
- ½ cup Seedless watermelon, small diced
- ¼ cup Cherry tomatoes
- 2 oz Red onion, small diced
- 1 ea Fresh jalapeño, seeded, small diced
- 1 Tbsp Fresh lime juice
- ¼ cup Fresh cilantro, chopped
- ½ cup Avocado, diced

## Nutrition Facts

Serving size 2 Tacos (264g)

Amount per serving  
**Calories 450**

	% Daily Value*
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 22g	

Vit D 0mcg 0% • Calcium 30mg 2%  
Iron 2mg 10% • Potas 815mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 12 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- To make Pico – combine watermelon, tomatoes, onion, jalapeño, lime juice and cilantro in a medium bowl and gently toss.
- Place tortillas on a plate, add **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)**, watermelon pico de gallo, and finish with diced avocados.

# Spicy Maple Chicken Waffle Tacos

Prep Time: 15-20 min  
Cook Time: 13 min  
Cook Temp: 375°F  
Yield: 1 serving  
Serving Size: 2 Tacos



Serving Suggestion

**Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527),** spicy maple syrup, scrambled eggs, crispy bacon crumbles served on warm fluffy waffles.

## INGREDIENTS:

- 4 oz. (Approx. 2-3 pieces) **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)**
- 2 ea Whole wheat frozen waffle
- 1 Tbsp Maple syrup
- 1 tsp Fresh jalapeño, chopped
- 1 ea Whole egg, scrambled
- 1 tsp Bacon crumbles
- 1 tsp Canola Oil

## Nutrition Facts

Serving size 2 Tacos (277g)

Amount per serving  
**Calories 560**

	% Daily Value*
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 230mg	<b>77%</b>
<b>Sodium</b> 1010mg	<b>44%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 16g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 32g	

Vit D 1mcg 6% • Calcium 350mg 25%  
Iron 6mg 35% • Potas 682mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 13 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- Combine in a small bowl, maple syrup and chopped jalapeño. Mix until fully incorporated.
- Scramble egg in canola oil and remove from heat and hold at 140°F in covered non-reactive container until ready to use.
- Heat waffles following instructions on packaging.
- Place heated waffles on a clean surface or cutting board, add eggs, **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)**, jalapeño maple syrup and bacon crumbles.

# Sweet Chili Spinach Chicken Wrap

Prep Time: 15-20 min  
Cook Time: 13 min  
Cook Temp: 375°F  
Yield: 1 serving  
Serving Size: 1 Wrap



Serving Suggestion

**Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)**, wrapped in a wheat tortilla with red bell pepper, baby spinach and Thai sweet chili sauce.

## INGREDIENTS:

2-3 ea	<b>Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)</b>
1 ea	Whole wheat flour tortilla, 10"
2 cups	Baby spinach, fresh
1 cup	Roasted red bell pepper, chopped
1 Tbsp	Sweet chili sauce

## Nutrition Facts

Serving size 1 Wrap (484g)

Amount per serving  
**Calories 550**

	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 1110mg	<b>48%</b>
<b>Total Carbohydrate</b> 76g	<b>28%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 16g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 31g	

Vit D 0mcg 0% • Calcium 82mg 6%  
Iron 4mg 20% • Potas 1206mg 25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 13 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- Place tortilla on clean surface or cutting board, add baby spinach, red bell peppers and **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)**, drizzle with sweet chili sauce.
- Roll tortilla together with all components enclosed inside tortilla and serve.

# Chicken Parmesan Sandwich

Prep Time: 15-20 min  
Cook Time: 20 min  
Cook Temp: 350°F  
Yield: 1 serving  
Serving Size: 1 Sandwich



Serving Suggestion

**Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)**, served in a whole wheat hoagie roll and topped with sweet spaghetti sauce, melted mozzarella and parmesan cheese.

## INGREDIENTS:

1 ea	<b>Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)</b>
1 ea	Whole wheat hoagie roll, halved
¼ cup	Canned spaghetti sauce, low sodium
¼ cup	Mozzarella cheese, shredded
1½ Tbsp	Parmesan cheese, shredded

## Nutrition Facts

Serving size 1 Sandwich (293g)

Amount per serving  
**Calories 560**

	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 1100mg	<b>48%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 40g	

Vit D 0mcg 0% • Calcium 413mg 30%  
Iron 4mg 20% • Potas 869mg 20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 20 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- Place halved hoagie roll on clean surface or cutting board, add **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)**, smother with warm spaghetti sauce.
- Top with shredded mozzarella and parmesan cheese.



# Spicy Asian Style BBQ Chicken Sandwich

Prep Time: 15-20 min  
Cook Time: 20 min  
Cook Temp: 350°F  
Yield: 1 serving  
Serving Size: 1 Sandwich



Serving Suggestion

**Fully cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)**, coated in an Asian Style BBQ sauce, with a napa cabbage slaw, wasabi and pickled ginger aioli served on a fresh brioche bun.

## INGREDIENTS:

1 ea	<b>Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)</b>
1 ea	Brioche bun
1 Tbsp	Asian Style BBQ sauce
2 Tbsp	Napa cabbage, shredded
1 Tbsp	Red bell pepper, thinly sliced
1 Tbsp	Mayonnaise
1 tsp	Wasabi
1 tsp	Pickled ginger

## Nutrition Facts

Serving size 1 Sandwich (293g)

Amount per serving  
**Calories 560**

	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 1010mg	<b>44%</b>
<b>Total Carbohydrate</b> 66g	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 27g	

Vit D 0mcg 0% • Calcium 46mg 4%  
Iron 4mg 20% • Potas 490mg 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 20 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- To make Wasabi Aioli – combine in medium size bowl, mayonnaise, wasabi and pickled ginger and stir until fully incorporated.
- Place bottom half of bun on clean surface or cutting board, add **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Fillet with Rib Meat (7516)**, drizzle with Asian style BBQ sauce.
- Top with shredded napa cabbage and bell peppers, finish with wasabi aioli and bun top

# Teriyaki Brown Rice Chicken Bowl

Prep Time: 20-30 min  
Cook Time: 12 min  
Cook Temp: 350°F  
Yield: 1 serving  
Serving Size: 1 Bowl



Serving Suggestion

**Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)**, tossed in classic teriyaki sauce and served with long grain brown rice, edamame and a medley of steamed vegetables.

## INGREDIENTS:

4 oz	<b>Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)</b>
1 cup	Long grain brown rice
2 oz	Teriyaki sauce
¼ cup	Fresh broccoli, steamed
¼ cup	Fresh carrots, steamed
¼ cup	Fresh green cabbage, steamed
2 Tbsp	Edamame, steamed and shelled

## Nutrition Facts

Serving size 1 Bowl (452g)

Amount per serving  
**Calories 610**

	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 830mg	<b>36%</b>
<b>Total Carbohydrate</b> 102g	<b>37%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 24g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 27g	

Vit D 0mcg 0% • Calcium 67mg 6%  
Iron 3mg 15% • Potas 822mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Cook brown rice according to package instructions. Hold at 140°F, for no more than 4 hours prior to serving.
- Place frozen **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 12 minutes or until internal temperature is 165°F, remove from oven.
- Add **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** to mixing bowl and gently toss with teriyaki sauce until fully coated.
- Place 1 cup of brown rice in a bowl, top with **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)**, add remaining ingredients.
- Garnish with optional 1 tsp each fresh chopped green onion and sesame seeds.

# Nashville Style Hot Chicken Street Tacos

**Prep Time:** 15-20 min  
**Cook Time:** 13 min  
**Cook Temp:** 375°F  
**Yield:** 1 serving  
**Serving Size:** 3 Tacos



Serving Suggestion

## PREPARATION:

1. Place frozen **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)** on a baking sheet, uncovered and place in preheated convection oven.
2. Bake 13 minutes or until internal temperature is 165°F, remove from oven.
3. Toss **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)** with Nashville style hot sauce in medium bowl until fully coated.
4. To make Sour Cream Sauce – combine in a separate small bowl, sour cream, pickle juice and black pepper. Mix until fully incorporated and set aside.
5. To make Cabbage Slaw – Combine cabbage, carrots, and onion in medium bowl and toss.
6. Place tortillas on a clean surface or cutting board. Add 1 Tbsp of cabbage slaw onto each taco, followed by 1 each of **Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)**, add 1 tsp of diced pickles to each taco, and finish with 1 tsp of sour cream sauce over each taco.

**Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)**, glazed with an authentic Nashville style hot sauce, drizzled with sweet, tangy sour cream, topped with zesty dill pickles and Southern cabbage slaw, all on corn tortillas.

## INGREDIENTS:

3 ea	<b>Fully Cooked Boneless Skinless Whole Grain Breaded Chicken Breast Strips (7527)</b>
1 Tbsp	Nashville style hot sauce
2 Tbsp	Fresh purple cabbage, shredded
2 Tbsp	Fresh green cabbage, shredded
2 Tbsp	Fresh carrots, shredded
2 Tbsp	Fresh red onion, thinly sliced
1 Tbsp	Dill pickles, diced
1 tsp	Juice from pickles
½ tsp	Cracked black pepper
3 ea	Corn tortillas, 6"
2 Tbsp	Sour cream

## Nutrition Facts

**Serving size 3 Tacos (354g)**

**Amount per serving**  
**Calories 590**

	% Daily Value*
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 970mg	<b>42%</b>
<b>Total Carbohydrate</b> 83g	<b>30%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 28g	
Vit D 0mcg 0%	Calcium 85mg 6%
Iron 2mg 10%	Potas 634mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Breakfast Chicken Chilaquiles

**Prep Time:** 20-30 min  
**Cook Time:** 12 min  
**Cook Temp:** 350°F  
**Yield:** 1 serving  
**Serving Size:** 1 Plate



Serving Suggestion

## PREPARATION:

1. Place frozen **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** on a baking sheet, uncovered and place in preheated convection oven.
2. Bake 12 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
3. Scramble egg and remove from heat and hold at 140°F in covered non-reactive container until ready to use.
4. Place tortilla chips in a bowl or plate, followed by salsa, scrambled egg, **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)**, finish with cotija cheese, sliced jalapeños, and fresh cilantro.

**Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** served over salsa smothered tortilla chips, scrambled eggs, crumbled Cotija cheese, fresh cilantro, and jalapeño.

## INGREDIENTS:

4 oz	<b>Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)</b>
2 cups	Corn tortilla chips
¼ cup	Chunky salsa, mild
1 Tbsp	Cotija cheese, crumbled
1 ea	Whole egg, scrambled
1 Tbsp	Fresh jalapeño, sliced
1 Tbsp	Fresh cilantro

## Nutrition Facts

**Serving size 1 Plate (303g)**

**Amount per serving**  
**Calories 620**

	% Daily Value*
<b>Total Fat</b> 27g	<b>35%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 220mg	<b>73%</b>
<b>Sodium</b> 1010mg	<b>44%</b>
<b>Total Carbohydrate</b> 63g	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 29g	
Vit D 1mcg 6%	Calcium 138mg 10%
Iron 3mg 15%	Potas 643mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Mediterranean Style Chicken Bowl

**Prep Time:** 20-30 min  
**Cook Time:** 12 min  
**Cook Temp:** 350°F  
**Yield:** 1 serving  
**Serving Size:** 1 Bowl



Serving Suggestion

**Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526),** served with traditional style hummus, roasted cauliflower and red peppers, wilted spinach, and chickpeas.

## INGREDIENTS:

4 oz	<b>Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)</b>
2 Tbsp	Traditional hummus
½ cup	Cauliflower
¼ cup	Fresh red bell pepper
1 tsp	Olive Oil
Pinch	Salt
Pinch	Black Pepper, ground
¼ cup	Baby spinach, fresh
2 Tbsp	Canned chickpeas, drained and rinsed
1 ea	Whole pita bread

## Nutrition Facts

**Serving size** 1 Bowl (341g)

**Amount per serving**  
**Calories** **550**

	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 1030mg	<b>45%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 31g	

Vit D 0mcg 0% • Calcium 54mg 4%  
Iron 5mg 30% • Potas 843mg 20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 12 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- Cut cauliflower into florets, cut red bell pepper into chunks, toss with olive oil, salt and pepper to taste. Place on a baking sheet in a single layer and roast for 10-15 minutes at 350°F or until edges begin to brown. Remove from oven and hold warm until ready to serve.
- Steam spinach 2-3 minutes. Remove from steamer.
- Place hummus, roasted cauliflower and red bell peppers, spinach, chickpeas, and **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** in a bowl and serve with warm pita bread.

# Greek Style Chicken Nachos

**Prep Time:** 20-30 min  
**Cook Time:** 12 min  
**Cook Temp:** 350°F  
**Yield:** 1 serving  
**Serving Size:** 1 Plate



Serving Suggestion

**Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526),** served over crunchy pita chips, fresh cucumber, feta cheese, kalamata olives, diced tomato, chopped pepperoncinis, topped with guacamole and Greek yogurt.

## INGREDIENTS:

4 oz	<b>Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)</b>
2 cups	Pita chips, plain
1 Tbsp	Kalamata olives, pitted, chopped
¼ cup	Feta cheese, crumbled
½ cup	Fresh Roma tomato, diced
1 Tbsp	Pepperoncinis, chopped
¼ cup	English cucumber, diced
2 Tbsp	Guacamole
2 Tbsp	Greek yogurt

## Nutrition Facts

**Serving size** 1 Plate (291g)

**Amount per serving**  
**Calories** **550**

	% Daily Value*
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 1110mg	<b>48%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 29g	

Vit D 0mcg 0% • Calcium 90mg 6%  
Iron 3mg 15% • Potas 620mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION:

- Place frozen **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** on a baking sheet, uncovered and place in preheated convection oven.
- Bake 12 minutes or until internal temperature is 165°F, remove from oven and hold at 140°F until ready to serve.
- Place chips in a bowl or plate, add **Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks (7526)** and remaining toppings.
- Finish with guacamole and Greek yogurt.