

Loaded Chicken Totchos

Pierce® Chicken Fajita Strips (1250) tossed with taco-seasoning served on top of tater tots with all of the nacho fixings will quickly become a student favorite.

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 cup vegetable (1/2 cup starchy + 1/4 cup bean/legume + 1/4 cup red/orange)

DIFFICULTY

Easier

ALLERGENS

milk

INGREDIENTS AND PREPARATION

100 servings (2.47 oz each) Pierce Chicken Fajita Strips (1250)

100 servings frozen tater tots

3.6 #10 cans low-sodium black beans, drained and rinsed

7/8 cup low-sodium or salt-free taco seasoning

12.5 cups shredded Cheddar cheese

13.2 pounds tomatoes, chopped

Optional toppings: diced red onion, chopped cilantro, diced green onion

Preheat oven to 350°F. Arrange chicken pieces in a single layer on an ungreased baking pan. Bake for 90 minutes in a conventional oven or 45 minutes in a convection oven or until product reaches 165° F.

2. Meanwhile, rinse and drain black beans and heat in a large saucepan. Prep tomatoes and optional toppings as needed. Cook tater tots according to package directions.
3. When chicken is done cooking, toss with taco seasoning.
4. To prepare each serving, layer 1/2 cup tater tots, 1/4 cup black beans, 1 serving taco-seasoned chicken strips (4oz/#8 scoop), 1 ounce shredded cheddar cheese and 1/4 cup diced tomatoes. Serve with optional toppings as students go through the serving line or allow students to add their own toppings.

Nutrition Facts	
Serving Size (272g)	
Amount Per Serving	
Calories 350	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1170mg	49%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 26g	
Vitamin A 4%	Vitamin C 15%
Calcium 15%	Iron 15%
*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 Suggestions: Serve with a fresh tropical fruit mix and milk. Can use roasted white or sweet potato in place of tater tots. If desired, place Totchos back in the oven before adding fresh tomatoes to melt the cheese.



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