



Yummy All Natural Chicken Breast Fries with whole grain breading

Ingredients:

BONELESS SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR, YELLOW CORN FLOUR, ISOLATED SOY PROTEIN, CORN STARCH, SEA SALT, SUGAR, YEAST, SPICES, EXTRACTIVE OF PAPRIKA, CANOLA OIL, GUAR GUM, GARLIC POWDER, ONION POWDER, FLAXMEAL. BREADING SET IN CANOLA OIL. ALLERGENS: SOY, WHEAT.

Nutrition Facts		
Serving size 4 pieces (80g)		
Servings per Container About 10 (1.75 lbs)		
Servings per Container About 14 (2.5 lbs)		
Amount Per Serving	% Daily Value	
Calories	180	Calories from Fat 80
Total Fat	9 g	14 %
Saturated Fat	1.5 g	8 %
Trans Fat	0 g	
Cholesterol	20 mg	7 %
Sodium	330 mg	14 %
Total Carbohydrate	17 g	6 %
Dietary Fibre	2 g	8 %
Sugars	0 g	
Protein	10 g	
Vitamin A		2 %
Vitamin C		0 %
Calcium		2 %
Iron		4 %

Heating instructions:

****Warning: Do not defrost. Heat this product from the frozen state. Since appliances may vary in power, these instructions are guidelines only.**

Conventional oven: Preheat oven to 425° F. Heat for 10 to 12 minutes.

Microwave oven: Heat on high power for 1 minute for 5 pieces. Turn product halfway through cooking time.

Fryer: Preheat oil to 350°F. Fry for 1 ½ minutes.

Toaster oven: Preheat oven to 425° F. Heat for 12 to 14 minutes.



Labeled for Child Nutrition Programs

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Four 0.70 oz fully cooked chicken breast patty fritters with rib meat provide 1.00 oz. equivalent meat/meat alternate and 0.50 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-08).