

# A+ Whole Grain Chicken Breast Breakfast Fillet

**PROCESSOR NAME:**

**PILGRIM'S PRIDE CORP. – GOLD KIST CHICKEN BRAND**

<b>CODE NUMBER:</b>	7519	<b>CASE WT:</b>	30#
<b>STANDARD YIELD:</b>	111%	<b>SERVING SIZE:</b>	2.2oz. (1 fillet)
<b>M/MA CONTRIBUTION:</b>	1	<b>DONATED FOOD/CASE:</b>	26.99#
<b>GRAIN CONTRIBUTION:</b>	0.5	<b>SERVINGS/CASE:</b>	~218
<b>GTIN:</b>	10075632075198	<b>GR. WT.:</b>	32.02#
<b>CASE DIMENSIONS:</b>	17L x 13W x 11.4H	<b>PALLET:</b>	8T x 7H
<b>SHELF LIFE:</b>	365 days	<b>CASE CUBE:</b>	1.48
<b>CASES/PALLET:</b>	56		

## BID DESCRIPTIONS



Fully-Cooked, Whole Grain Breaded Chicken Breast Breakfast Fillet from our A+ line of portioned chicken products provides the bite of whole muscle chicken but with a more consistent size, weight and shape. This translates to better portion control and more consistent cooking times. Plus with no added starches or binders and a whole grain breading profile, these items meet your nutritional requirements while delivering the flavor your students crave. One serving equals (1) 2.2 oz. fillet.  
CONTAINS: MILK, WHEAT

### Nutrition Facts

Serving Size 1 Piece (62g)  
Servings Per Container About 218

Amount Per Serving		Calories from Fat 45	
		% Daily Value*	
<b>Calories</b> 120			
<b>Total Fat</b> 5g			7%
Saturated Fat 1g			4%
Trans Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 1g			
<b>Cholesterol</b> 35mg			11%
<b>Sodium</b> 240mg			10%
<b>Potassium</b> 220mg			6%
<b>Total Carbohydrate</b> 9g			3%
Dietary Fiber 1g			4%
Sugars 0g			
<b>Protein</b> 11g			
Vitamin A 2%		Vitamin C 0%	
Calcium 0%		Iron 4%	
<b>Folate</b> 2%			

\*Percent Daily Values are based on a diet of other people's secretaries.  
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



Fully Cooked

## WHOLE GRAIN BREADED CHICKEN BREAST BREAKFAST FILLETS WITH RIB MEAT

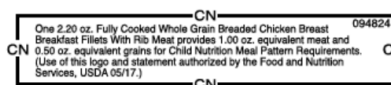
**7519**

**INGREDIENTS:** Boneless Skinless Chicken Breast With Rib Meat, Water, Sodium Phosphates, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), Breading With: Whole Wheat Flour, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar, Yeast Extract, Disodium Inosinate And Disodium Guanylate, Spice, Yeast, Extractives Of Paprika, Dextrose, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Extractives Of Paprika And Annatto, Extractives Of Turmeric, Less Than 2% Soybean Oil. **Battered With:** Water, Whole Wheat Flour, Modified Corn Starch, Salt, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Spice, Maltodextrin, Soybean Oil (As A Processing Aid), Extractives Of Paprika, Annatto And Turmeric, Natural Butter Flavor. **Predusted With:** Whole Wheat Flour, Modified Corn Starch, Salt, Spice Extractive. Breading Set In Vegetable Oil.

**CONTAINS: MILK, WHEAT**

Copy Not for Documenting Federal Meal Pattern Requirements

**HEATING INSTRUCTIONS FROM FROZEN:** Convection Oven: Preheat oven to 350° F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 20 minutes. **Conventional Oven:** Preheat oven to 350° F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 30 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165° F. Appliances vary, adjust heat times accordingly.



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Nutrient information for our product is based on the certified portion size as stated on CN label.

Camden Robbins R.D., SNS

2/27/20

Camden Robbins, R.D., SNS Foodservice Prepared Foods Nutritionist

Date



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