





PRODUCT GUIDE

2022-2023

BACK TO SCHOOL

| SKU | BRAND | PRODUCT DESCRIPTION | CN SERVING SIZE | SERVINGS PER CASE | M/MA EQUIV. | GRAIN EQUIV. | CALORIES | SODIUM |
|-----------------------------|-----------|---|-----------------|-------------------|-------------|--------------|----------|--------|
| WHOLE MUSCLE ALL WHITE MEAT | | | | | | | | |
| 7516 | Gold Kist | FC, WG Breaded Whole Muscle Breast Fillet | 4.00 oz | 100-140 | 2 | 1 | 220 | 610 |
| 7518 | Gold Kist | FC, WG Breaded Whole Muscle Breast Chunk | 4.75 oz | 91-113 | 2.25 | 1 | 270 | 710 |
| 7517 | Gold Kist | FC, WG Spicy Breaded Whole Muscle Breast Fillet | 4.00 oz | 100-140 | 2 | 1 | 220 | 570 |
| DARK MEAT PRODUCTS | | | | | | | | |
| 110458 | Gold Kist | FC, WG Breaded Dark Meat Smacker | 4.30 oz | 104 | 2 | 1 | 240 | 570 |
| 1260 | Gold Kist | FC, 1/2" Grilled Chicken Strips Dark Meat | 2.47 oz | 194 | 2 | 0 | 100 | 490 |
| NATURAL PROPORTION PRODUCTS | | | | | | | | |
| 615300 | Gold Kist | FC, WG Breaded Nugget w/ISP | 3.04 oz | 156 | 2 | 1 | 190 | 380 |
| 625300 | Gold Kist | FC, WG Breaded Tender w/ISP | 3.06 oz | 156 | 2 | 1 | 190 | 380 |
| 665400 | Gold Kist | FC, WG Breaded Patty w/ISP | 3.05 oz | 156 | 2 | 1 | 190 | 380 |
| 110452 | Gold Kist | FC, WG Breaded Smacker | 4.30 oz | 104 | 2 | 1 | 270 | 610 |
| UNBREADED CHICKEN PRODUCTS | | | | | | | | |
| 1230 | Gold Kist | FC, Diced Chicken | 2.47 oz | 194 | 2 | 0 | 90 | 290 |
| 1250 | Gold Kist | FC, 1/2" Unbreaded Fajita Strips Wht/Drk | 2.47 oz | 194 | 2 | 0 | 110 | 670 |



FC = Fully Cooked
WG = Whole Grain

Call your Pilgrim's Sales Representative today!



Nutrition that Satisfies

FOR... nutritionally focused cafeteria operators that want to satisfy everyone they serve.

Gold Kist IS nutritionally balanced protein.



THAT... can menu in multiple ways to serve hungry crowds fast and bring smiles to their faces.

BECAUSE... Gold Kist products are developed to satisfy the pickiest eaters while adhering to strict guidelines for nutrition.



Chicken has a "100" Food Versatility Score.
Try menuing your chicken over a salad, in a burrito, as a fiesta bowl or more!
Visit **Goldkist.com** for recipes.