



FC Crispy Breaded Chicken Breast Filets

Code:	39226
Case Pack:	2/5 lb bags
Net Weight:	10 lb
Storage:	Frozen
Servings per Case:	45



Serving Suggestions:

The suggested serving size 1 fillet or 3.50 oz.

Preparation Instructions:

Conventional oven for 20 –25 minutes at 400 degrees, turning once.

Convection oven for 12-15 minutes at 375 degrees, turning once.

Ingredients: Boneless, skinless chicken breast fillets with rib meat, water, modified food starch, salt, sodium phosphate and seasoning (salt, spice extractives).

Breaded and Battered with: Wheat flour, water, bleached wheat flour, salt, rice flour, leavening (sodium bicarbonate, sodium aluminum phosphate), spices, garlic powder, sugar, yeast extract, dextrose and sunflower oil.

Breading set in vegetable oil.

Child Nutrition Information:

Each 3.50 oz. fillet provides 1.75 oz. equivalent M/MA.

Nutrition Facts

Serving Size: 100 g. (3.5 oz.)

Serving Per Container: 45

Amount Per Serving

Calories 140	Calories from Fat 25
% Daily Value*	

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 490mg 20%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 26g

Vitamin A 0% Vitamin C 2%

Calcium 0% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Wheat