

# A+ Whole Grain Chicken Breast Tenderloins

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

<b>CODE NUMBER:</b>	7572	<b>CASE WT:</b>	30#
<b>STANDARD YIELD:</b>	115%	<b>SERVING SIZE:</b>	4.35oz. (3 pieces)
<b>M/MA CONTRIBUTION:</b>	2	<b>DONATED FOOD/CASE:</b>	26.05#
<b>GRAIN CONTRIBUTION:</b>	1.25	<b>SERVINGS/CASE:</b>	110
<b>GTIN:</b>	10075632075723	<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 Tenderloins 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 4.35 oz. serving consists of (3) 1.45 oz. tenderloins. CONTAINS: MILK, WHEAT

Nutrition Facts	
Serving Size 3 Pieces (123g) Servings Per Container About 111	
Amount Per Serving	
Calories 220	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 470mg	19%
<b>Potassium</b> 450mg	13%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 2g	9%
Sugars less than 1g	
<b>Protein</b> 22g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 6%
<b>Folate</b> 2%	
*Percent Daily Values are based on 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	

**A+**  
 chicken Fully Cooked

**7572**

## Whole Grain Breaded Chicken Tenderloins With Rib Meat

**INGREDIENTS:** Chicken Tenderloins, Water, Sodium Phosphates, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour), **BREADED 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**

Three 1.45 oz Fully Cooked Whole Grain Breaded Chicken Tenderloins provide 2.00 oz. equivalent meat and 1.25 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Services, USDA 05/17.)



Distributed By: Pilgrim's Pride Corporation  
 1770 Promontory Circle, Greeley, CO 80634  
 800-321-1470 www.poutry.com

"Copy not for documenting  
 Federal Meal 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.

Camden Robbins R.D., SNS

7/1/19

Camden Robbins, R.D., SNS K-12 School Nutritionist

Date

Primary Production Plant-Waco, TX CN# 094830

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



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 Call 800.336.9876 or visit GoldKist.com