

## Nebraska Food Distribution Processed Commodity Fact Sheet

**Name:** \*Chicken, Breaded Sticks

**Product Code:** 110463

**Processor:** Pilgrim's Pride (Pierce Chicken)

**Category:** Meat and Meat Alternate

**Date:** 7/17/2007

**Description:** Breaded stick shaped chicken, containing both white and dark meat. This product is fully cooked, it is a heat and serve item.

**Pack Size:** 135

**Storage:** Store at 0 degree's F or below

**Preparation:** Keep frozen until ready to use

**Cooking:** Heat in a convection oven for 7-9 minutes at 350 F or conventional oven for 10 to 12 minutes at 350 F.

**Serving Size:** 5 sticks, 3.56 oz

**Meal Contribution:** 2 meat/meat alternate and 1 bread alternate

Nutrition Facts			
Calories:	210.00	Protein:	15.00 grams
Total Fat:	9.00 grams	Carbohydrate:	17.00 grams
Saturated Fat:	2.00 grams	Cholesterol:	40.00 mg
Trans Fat:	0.00 grams	Calcium:	0.00 mg
Iron:	1.80 mg	Dietary Fiber:	0.00 mg
Sodium:	510.00 mg	Vitamin C:	0.00 mg
Vitamin A:	100.00 IU		