



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 10-2-12)

Visit us at www.fns.usda.gov/fdd

100098 – CHICKEN, CUT-UP, 8-PIECE, RAW, FROZEN, 40 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Grade A frozen cut-up chickens, 8 pieces, without necks and giblets. Cut-up chickens must be produced from ready-to-cook broiler/fryer chickens that weigh 2.50 to 3.75 pounds (1.13 to 1.70 kg) without neck and giblets.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb case. 40 lb AP yields about 17.6 lb cooked, boned chicken meat and skin OR about 14.4 lb cooked, boned chicken meat without skin and provides about 83.0 servings chicken pieces. One lb AP yields about 0.44 lb cooked boned chicken meat and skin OR about 0.36 lb cooked chicken meat without skin and provides about 5.76 servings chicken pieces. CN Crediting: 1 breast piece provides 5.25 oz , OR 1 drumstick provides 2 oz, OR 1 wing provides 1 oz , OR 1 thigh with back provides 3 oz equivalent meat/meat alternate OR 1 oz cooked chicken (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen chicken products in original shipping container off the floor at 0 °F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Chicken, broilers or fryers, meat and skin, cooked, roasted

	breast (1 oz) (28 g)	dark meat (1 oz) (28 g)
Calories	55	71
Protein	8.3 g	7.3 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.2 g	4.4 g
Saturated Fat	.61 g	1.2 g
Trans Fat	0 g	0 g
Cholesterol	24 mg	26 mg
Iron	.30 mg	.38 mg
Calcium	4 mg	4 mg
Sodium	23 mg	24 mg
Magnesium	8 mg	6 mg
Potassium	69 mg	62 mg
Vitamin A	26 IU	56 IU
Vitamin A	8 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	.08 mg	0 mg



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<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> • TO THAW: Thaw only the amount needed for one day's use. Avoid leftovers. Thaw in refrigerator 41 °F and under, overnight on sheet pans. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. • TO COOK: Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Insert thermometer into the thickest part of the meat. Be sure thermometer does not touch bone. Cook chicken products to an internal temperature of 165 °F for 15 seconds as measured by a thermometer. Judge doneness by temperature, not the color or texture of the food. • Serve leftovers within 7 days and keep refrigerated at 41°F and under until used.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Chicken may be baked or oven-fried, broiled, barbecued, or simmered.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.