



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated 09-30-12)

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

110080 – CHICKEN, ROASTED, 8 PIECES, INDIVIDUALLY FROZEN, 30lb

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen fully cooked oven-roasted cut-up chicken with skin from U. S. Grade A chickens. The cooked chicken parts must be produced from ready-to-cook broiler chicken without neck and giblets, that weigh 2.5 to 3.75 pounds (1.13 to 1.7 kg). Pieces are individually frozen and packed in plastic bags. Each plastic bag contains breasts, thighs, wings, and legs.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb box. One 30 lb box provides a minimum of 60 servings. One serving is 2 oz or more cooked poultry with skin. 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 roasted chicken frozen at 0°F or below in original shipping case off the floor. After thawing, remove leftover chicken from bone and refrigerate covered and labeled in a dated nonmetallic container and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Thaw before heating. If accidentally thawed, heat promptly. Do not thaw at room temperature. DO NOT REFREEZE. Sort pieces and cook similar sizes together. Serve promptly or refrigerate leftovers at ≤41°F and use within 7 days.

Nutrition Information

Chicken, meat and skin, roasted, breast

	2 oz. serving
Calories	100
Protein	9.3 g
Carbohydrate	0 g
Dietary Fiber	0g
Sugars	0 g
Total Fat	6.6 g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	36.6 mg
Iron	.24 mg
Potassium	127 mg
Magnesium	13 mg
Calcium	0 mg
Sodium	200 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	.15 mg



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USES AND TIPS	<ul style="list-style-type: none"> • Chicken parts are ready to heat and serve.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat chicken products from a package to 165°F for at least 15 seconds as measured by a thermometer. Do not judge doneness by the color or texture of the food. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds.
BEST IF USED BY GUIDANCE	<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.