

USDA United States Department of Agriculture Food and Nutrition Service



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated 09-30-12)

Visit us at <u>www.fns.usda.gov/fdd</u>

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

CATEGORY	Meat/Meat Alternates	Nutrition Information	
PRODUCT DESCRIPTION	• 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.	Chicken, meat and skin, roasted, breast	
			2 oz. serving
PACK/YIELD	 30 lb box.One 30 lb box provides a minimum of 60 servings.	Calories Protein Carbohydrate Dietary Fiber	100 9.3 g 0 g
	 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 	Sugars Total Fat Saturated Fat <i>Trans</i> Fat	0g 0 g 6.6 g 2g 0g
STORAGE	 skin) provides 1 oz-equivalent meat/meat alternate. 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. 	Cholesterol Iron Potassium Magnesium Calcium Sodium Vitamin A Vitamin A	36.6 mg .24 mg 127 mg 13 mg 0 mg 200 mg 0 IU 0 RAE
PREPARATION/COOK ING INSTRUCTIONS	• Thaw before heating. If accidentally thawed, heat promptly. Do not thaw at room temperature. DO NOT REFREEZE.	Vitamin C Vitamin E	0 mg .15 mg
	 Sort pieces and cook similar sizes together. Serve promptly or refrigerate leftovers at ≤41°F and use within 7 days. 		



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USES AND TIPS	Chicken parts are ready to heat and serve.	
FOOD SAFETY INFORMATION	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, whic occurs more in young birds.	
BEST IF USED BY GUIDANCE	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.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.

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