FACT SHEET

The following nutrient information for our product is based on the certified portion size as stated on CN Label or 3 oz. edible portion on bulk items.

PROCESSOR NAME: ***Pilgrim's Pride Corp. -*** Gold Kist Farms Brand

PRODUCT NAME: FC Roasted Chicken 8 Piece Cut Up Parts

CODE NUMBER: 8820 *Case Wt:* 30# *CN#* 0 *Donated Food/Case:* 27.885#

SERVING SIZE: 1 breast, 1 thigh, 1 drum & wing combination *Servings/Case* average 92

Contribution: 2 *M/MA Serving* 0 *Bread Serving*

BID DESCRIPTIONS

Fully cooked marinated roasted 8 piece chicken parts produced from USDA A521 commodity chicken. Product is to be packed in separate color coded bags by chicken part. Product must be produced for oven preparation. Each breast, thigh, or drumstick and wing combination to provide 2 ounces meat/ meat alternative per the USDA Food Buying Guide. Product to provide zero grams trans fats.

NUTRIENT INFORMATION (Based on 3 oz edible chicken)

Basic Components				Vitamins	
Calories (kcal)	170	Carbohydrates (g)	0	Vitamin A-IU (IU)	105
Fat (g)	10	Dietary Fiber (g)	0	Vitamin C (mg)	1
Saturated Fat (g)	3.5	Total Sugars (g)	0	**Minerals**	
Trans Fatty Acid (g)	0	Protein (g)	19	Sodium (mg)	95
Cholesterol (mg)	100			Calcium (mg)	1
				Iron (mg)	1

Elizabeth C Kuglar

Signature

11/17/10

Date

Plant # P-21, Moorefield, WV

GOLD KIST FARMS® Chicken for the Student Body

76 - 114 average servings

Fully Cooked

8820

Roasted Chicken 8-Piece Cut-Up

INGREDIENTS: Chicken Parts, Water, Salt, Sodium Phosphates, Dextrose and Citric Acid.

Product contains 0g Trans Fat per serving.
One Serving = 1 breast piece, 1 thigh with back or 1 drumstick and 1 wing.

PILGRIM'S PRIDE FOODSERVICE

Distributed By: Pilgrim's Pride Corporation
P.O. Box 93, Pittsburg, TX 75686 800-321-1470 www.poultry.com
Gold Kist Farms is a registered trademark of Pilgrim's Pride Corporation

HEATING INSTRUCTIONS FROM FROZEN: Conventional Oven for 32-35 minutes at 375°F; Convection Oven for 18-20 minutes at 350°F; Appliances vary, adjust cook times accordingly.

Nutrition Facts
Serving Size: 3oz. (84g) Edible Portion
Servings Per Container: Varies

Amount Per Serving	
Calories 170 Calories from Fat 90	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	

*Percent Daily Values are based on a 2,000

(01) 1 00 41723 08820 0