01-25-11

## **USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions**

Visit us at <a href="https://www.fns.usda.gov/fdd">www.fns.usda.gov/fdd</a>

## A494 - CHICKEN, ROASTED, 8 PIECES, INDIVIDUALLY FROZEN

CATEGORY	Meat/Meat Alternates	
PRODUCT DESCRIPTION	• Frozen fully cooked oven-roasted cut-up chicken with skin from U. S. Grade A chickens. Chicken pieces are fully cooked and ready to eat after thawing and reheating. Pieces are individually frozen and packed in plastic bags. Each plastic bag contains breasts, thighs, wings, and legs.	
PACK/YIELD	• 30 lb box.	
	• One 30 lb box provides a minimum of 60 servings.	
	• One serving is 2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back).	
	CN Crediting: 2 oz cooked chicken provides 2 oz equivalent meat/meat alternate.	
STORAGE	• 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	Thaw before heating. If accidentally thawed, heat promptly. Do not thaw at room temperature. DO NOT REFREEZE.	
111511101110113	Sort pieces and cook similar sizes together.	
	• Serve promptly or refrigerate and use any leftovers within 2 days.	



## **Nutrition Information**

Chicken, meat and skin, roasted, 1 breast

	2 oz.
Calories	serving 110
Calones	110
Protein	11g
Carbohydrate	1g
Dietary Fiber	0g
Sugars	1g
Total Fat	6g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	51mg
Iron	1mg
Calcium	7mg
Sodium	169mg
Vitamin A	70IU
Vitamin C	0mg



01-25-11

## **USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions**

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

USES AND TIPS	Chicken parts are ready to heat and serve.
FOOD SAFETY INFORMATION	<ul> <li>Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>Heat processed ready-to-eat chicken products from a package to 165 °F for 15 seconds. 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.</li> </ul>
BEST IF USED BY GUIDANCE	<ul> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at:     <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

**USDA Nondiscrimination Statement:** "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."