

USDA Foods Product Information Sheet

For Child Nutrition Programs



110921—Chicken Fillet, Cooked, Unbreaded, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is produced from fully cooked whole muscle chicken breast. The product is unbreaded and contains grill markings. The item is shipped frozen in 30 pound cases containing six 5-pound or three 10-pound packages.

CREDITING/YIELD

- One case of chicken fillets contains approximately 192-197 2.45 ounce portions.
- CN Crediting: Approximately 2.45 ounces of chicken fillet credits as 2 ounce equivalents meat/meat alternate.

CULINARY TIPS AND RECIPES

- Chicken fillets can be heated and served on sandwiches, wraps, salads, or rice bowls.
- Chicken fillets can also be cut up and used as a protein option in dishes such as soups and casseroles.
- For more culinary techniques and recipe ideas visit [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 2.45 ounces (69 g)/ 2 MMA chicken fillet

Amount Per Serving

Calories 100

Total Fat 2.5g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 65mg

Sodium 220mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 20g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.