GOLD KIST FARMS
Chicken for the Student Body

1220

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE

Fully Cooked
Boneless Skinless Chicken Strips
Dark Meat & Breast Meat With Rib Meat, Grill Marks Added

Ingredients: Chicken Meat, Water, Modified Food Starch, Sodium Phosphates, Reduced Sodium Sea Salt (Sea Salt, Potassium Chloride, Rice Flour).

USDA U.S. DEPARTMENT OF AGRICULTURE FOOD ★★★

Product of USA
Keep Frozen

Distributed By: Pilgrim's Pride Corporation
1770 Promontory Circle, Greeley, CO 80634
800-321-1470 www.poultry.com

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Pilgrim's

NET WT.: 30 LBS.

Nutrition Facts

Serving Size 3 oz.(85g)
Servings Per Container 160

Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 85mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 22g	
Vitamin A 0% • **Vitamin C** 0%	
Calcium 0% • **Iron** 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4