



# Whole Grain Breaded Golden Crispy Tenders, #10703320928 (MS HS)

## Ingredients:

Boneless, skinless chicken breast with rib meat, whole wheat flour, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dextrose, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, natural flavor, onion powder, paprika extract (color), salt, sodium phosphates, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (onion, celery, carrot), wheat gluten, yeast extract. Breading set in vegetable oil.

**Contains: Soy, Wheat**

**\*\*This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.\*\***

Newington Foods and Nutrition Services  
Updated June 2023

## NUTRITION FACTS

Serving Size: 3 Pieces (116g)

Amount Per Serving

Calories 230

% Daily Value\*

Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
Cholesterol 45mg	15%
Sodium 400 mg	17%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Sugars 2g	
Includes 1g Added Sugars	
Protein 20g	40%
Vitamin D 0%	Potassium 15%
Iron 10%	Calcium 0%

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