



**USDA Foods
in Schools**

110080 - Chicken, Oven Roasted, 8 Piece

Category: **Meat/Meat Alternate**



Product Description

- This item is oven-roasted cut-up chicken made from U.S. Grade A chicken. The product includes breasts, thighs, drumsticks, and wings.

Culinary Tips and Recipes

- Oven roasted chicken is a pre-cooked item that is ready to heat and serve. It can be served with a dipping sauce, seasoning, or glaze.
- Appliances vary, adjust accordingly. Conventional Oven: 20-25 minutes at 375F from frozen. Convection Oven: 10-15 minutes at 375F from frozen.

Food Safety Information

- Chicken should be heated to an internal temperature of at least 165°F (74°C) to ensure it's safe to eat

Nutrition Facts

Serving size: 3 ounce cooked chicken meat

Serving Size 3 oz

Calories 160, Total Fat 9g, Saturated Fat 3g, *Trans Fat* 0g, Cholesterol 95mg, Sodium 150mg, Total Carbohydrate 0g, Protein 18g

INGREDIENTS: 8 piece cut chicken, water, seasoning (salt, hydrolyzed corn protein, dextrose, onion powder, autolyzed yeast extract, garlic powder, soybean oil, spice extract), sodium phosphates.

COATED WITH: Water, coating (modified food starch, tapioca dextrin, dextrose, sodium alginate, malt extract, sodium phosphate, methylcellulose, guar gum).

CONTAINS: **SOY**

USDA is an equal opportunity provider, employer, and lender.



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Food Safety Information

- Chicken should be heated to an internal temperature of at least 165°F (74°C) to ensure it's safe to eat

Nutrition Facts

Serving size: 1 ounce cooked chicken meat

Serving Size 3 oz

Calories 160, Total Fat 9g, Saturated Fat 3g, *Trans Fat* 0g, Cholesterol 95mg, Sodium 150mg, Total Carbohydrate 0g, Protein 18g

INGREDIENTS: 8 piece cut chicken, water, seasoning (salt, hydrolyzed corn protein, dextrose, onion powder, autolyzed yeast extract, garlic powder, soybean oil, spice extract), sodium phosphates.

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