



Made with 100% NATURAL CHICKEN BREAST with RIB MEAT
 Banquet invites you to pull up a chair and enjoy classic, made-in-America comfort food. Like you, we believe in quality and good, honest value and trust you'll taste it in our delicious chicken strips that are served with a helping of creamy macaroni and cheese and sweet corn.

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Nutrition Facts
 1 serving (per container)
 Serving size 1 meal (232g)
 Amount per serving
Calories 440

Total Fat	21g	23%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	1070mg	47%
Total Carbohydrate	45g	17%
Dietary Fiber	5g	18%
Total Sugars	1g	
Protein	19g	43%

FOR BEST QUALITY
 Keep frozen. Do not thaw. Microwave with 1000-watt microwave ovens. Appliances vary. Adjust cooking times as needed. Cook thoroughly to 165°F. Read and follow these cooking directions.

MICROWAVE OVEN
Cook only one at a time.

Remove film from meal; remove chicken strips.

Microwave on HIGH 1 minute.

Stir macaroni & cheese and replace chicken strips.

Microwave an additional 3 to 5 1/2 minutes.

Check that food is cooked thoroughly to 165°F. CAREFUL, IT'S HOT! Let stand 2 minutes; stir macaroni & cheese and enjoy!

CONVENTIONAL OVEN
Do not prepare in toaster oven.

Preheat oven to 350°F. Remove film from chicken strips. Cook on baking sheet in center of oven 28 to 28 minutes.

Check that food is cooked thoroughly to 165°F. CAREFUL, IT'S HOT! Let stand 2 minutes; stir macaroni & cheese and enjoy!

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