
FARMINGTON®
BREADED
CHICKEN
FRIES
BREADED FRY SHAPED
WHITE MEAT CHICKEN PATTIES
FULLY COOKED
KEEP
FROZEN
INSPECTED
U.S.
NET WT. 24oz (1.5 lbs.) 680 g

FARMINGTON®

BREADED CHICKEN HEATING INSTRUCTIONS

CAUTION: HOT OIL CAN SPATTER WHEN IT COMES IN CONTACT WITH WATER OR ICE CRYSTALS. TAKE EXTRA PRECAUTIONS.

DO NOT OVERHEAT PRODUCT. APPLIANCES MAY VARY, ADJUST HEATING TIME ACCORDINGLY. PRODUCT WILL BE HOT. USE CARE WHEN CHECKING OR REMOVING PRODUCT.

DEEP FRYER:

(PREFERRED HEATING METHOD)

- FRY AT 365°F FOR 1½ TO 2 MINUTES OR UNTIL HEATED THOROUGHLY.

LET STAND 2 TO 3 MINUTES BEFORE SERVING

CONVENTIONAL OVEN:

- PREHEAT OVEN TO 450°F.
- PLACE FROZEN CHICKEN FRIES IN A SINGLE LAYER ON A BAKING SHEET.
- HEAT FOR 5 TO 10 MINUTES OR UNTIL HEATED THOROUGHLY.

LET STAND 2 TO 3 MINUTES BEFORE SERVING

MICROWAVE:

- PLACE FROZEN CHICKEN FRIES ON A MICROWAVE SAFE DISH AND COVER WITH A PAPER TOWEL.
- HEAT ON HIGH FOR 1 MINUTE 30 SECONDS OR UNTIL HEATED THOROUGHLY.

LET STAND 2 TO 3 MINUTES BEFORE SERVING

FARMINGTON®

BREADED CHICKEN FRIES

BREADED FRY SHAPED WHITE MEAT CHICKEN PATTIES

FULLY COOKED

FARMINGTON®

BREADED CHICKEN FRIES

BREADED FRY SHAPED WHITE MEAT CHICKEN PATTIES

FULLY COOKED

Nutrition Facts

Serving Size 9 Fries (85g)
Servings Per Container about 8

Amount Per Serving	
Calories 290	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 820mg	35%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 16g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

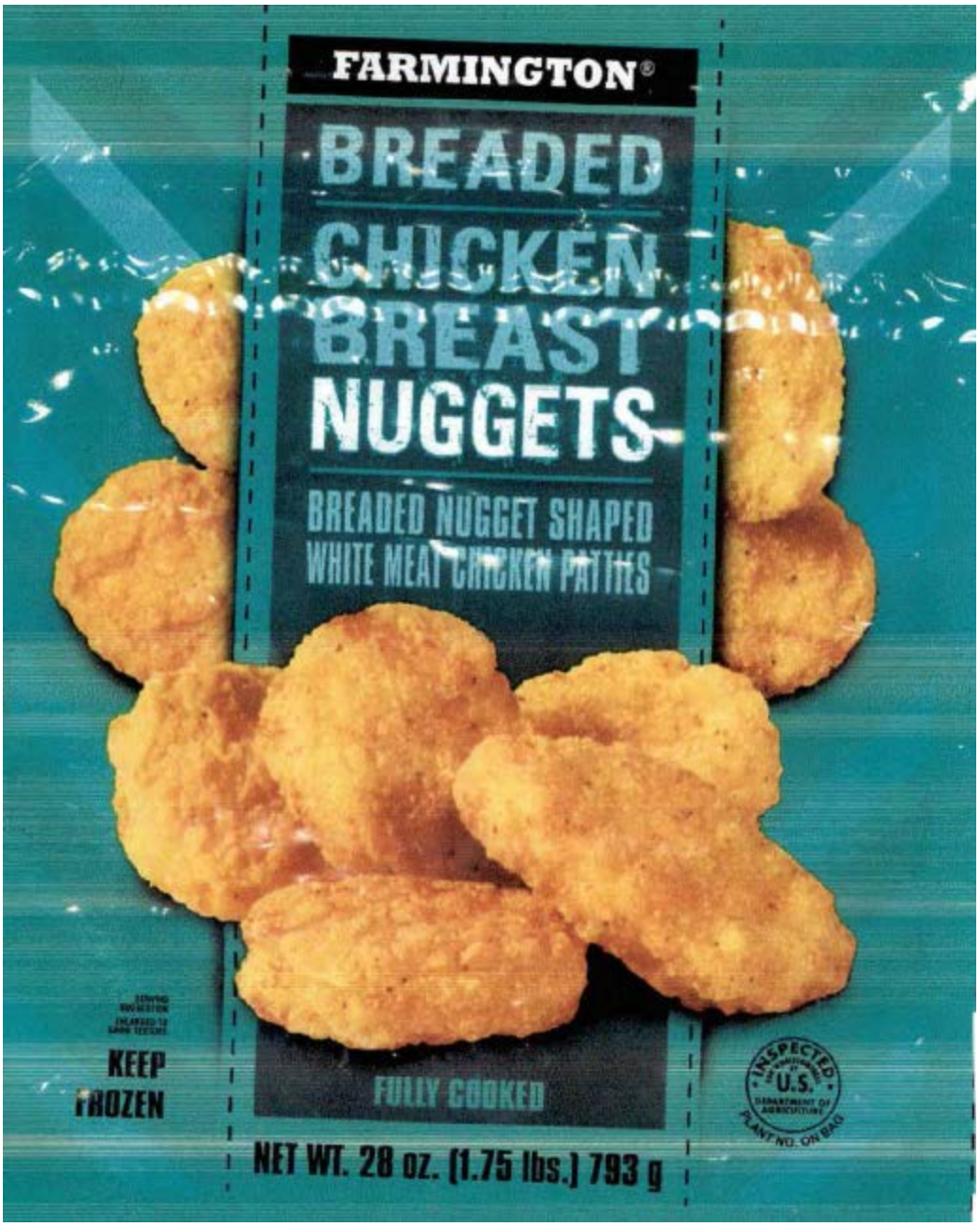
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, SOY PROTEIN CONCENTRATE, SEASONING [SALT, SUGAR, FLAVORINGS, YEAST EXTRACT, MALTODEXTRIN, CHICKEN FAT, DEHYDRATED CHICKEN BROTH, FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR), CORN SYRUP SOLIDS, CITRIC ACID, DEHYDRATED LEMON JUICE SPICE EXTRACTIVES], SODIUM PHOSPHATES, SALT. BATTERED AND BREADED WITH: BLEACHED WHEAT FLOUR, WATER, WHEAT FLOUR, MODIFIED CORN STARCH, SALT, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], YELLOW CORN FLOUR, DEXTROSE, SPICE, EXTRACTIVES OF PAPRIKA, SUGAR, GUAR GUM. BREADING SET IN SOYBEAN OIL.
CONTAINS: WHEAT, SOY

DISTRIBUTED BY: SAVE-A-LOT FOOD STORES, LTD.
EARTH CITY, MO 63045 • PRODUCT OF USA • savealot.com

Save a lot. promise
100% MONEY BACK GUARANTEE

0 51933 35098 4


FARMINGTON®
BREADED CHICKEN BREAST NUGGETS
BREADED NUGGET SHAPED WHITE MEAT CHICKEN PATTIES
FULLY COOKED
KEEP FROZEN
INSPECTED U.S. DEPARTMENT OF AGRICULTURE
PLANT NO. ON BAG
NET WT. 28 oz. (1.75 lbs.) 793 g

FARMINGTON®

BREADED CHICKEN HEATING INSTRUCTIONS

CAUTION: HOT OIL CAN SPATTER WHEN IT COMES IN CONTACT WITH WATER OR ICE CRYSTALS. TAKE EXTRA PRECAUTIONS.

DO NOT OVERHEAT PRODUCT. APPLIANCES MAY VARY. ADJUST HEATING TIME ACCORDINGLY. PRODUCT WILL BE HOT. USE CARE WHEN CHECKING OR REMOVING PRODUCT.

DEEP FRYER:

(PREFERRED HEATING METHOD)

- FRY AT 365°F FOR 2½ TO 3 MINUTES OR UNTIL HEATED THOROUGHLY.

LET STAND 2 TO 3 MINUTES BEFORE SERVING.

CONVENTIONAL OVEN:

- PREHEAT OVEN TO 450°F.
- PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A BAKING SHEET.
- HEAT UNCOVERED FOR 10 TO 14 MINUTES OR UNTIL HEATED THOROUGHLY.

LET STAND 2 TO 3 MINUTES BEFORE SERVING.

MICROWAVE:

- ARRANGE FROZEN PRODUCT IN A SINGLE LAYER ON A MICROWAVE SAFE PLATE.
- HEAT UNCOVERED ON HIGH FOR 1 MINUTE OR UNTIL HEATED THOROUGHLY.

LET STAND 2 TO 3 MINUTES BEFORE SERVING.

FARMINGTON®

BREADED CHICKEN BREAST NUGGETS

BREADED NUGGET SHAPED WHITE MEAT CHICKEN PATTIES

FULLY COOKED

FARMINGTON®

BREADED CHICKEN BREAST NUGGETS

BREADED NUGGET SHAPED WHITE MEAT CHICKEN PATTIES

FULLY COOKED

Nutrition Facts

Serving Size 4 nuggets (86g)
Servings Per Container about 9

Amount Per Serving	
Calories 180	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 540mg	23%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 10g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 4%	

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS: BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, SOY PROTEIN CONCENTRATE, SEASONING (SALT, SUGAR, FLAVORINGS, YEAST EXTRACT, MALTODEXTRIN, CHICKEN FAT, DEHYDRATED CHICKEN BROTH, FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR), CORN SYRUP SOLIDS, CITRIC ACID, DEHYDRATED LEMON JUICE, SPICE EXTRACTIVES), SODIUM PHOSPHATES, SALT. BATTERED AND BREADED WITH: BLEACHED WHEAT FLOUR, WATER, WHEAT FLOUR, MODIFIED CORN STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), YELLOW CORN FLOUR, DEXTROSE, SPICE, EXTRACTIVES OF PAPRIKA, SUGAR, GUAR GUM. BREADED AND SET IN SOYBEAN OIL.
CONTAINS: WHEAT, SOY

DISTRIBUTED BY: SAVE-A-LOT FOOD STORES, LTD.
EARTH CITY, MO 63045 • PRODUCT OF USA • savealot.com

Save a lot promise
100% MONEY BACK GUARANTEE

0 51933 35097 7


Great Value
FULLY-COOKED
Chicken Fillets
Breaded Chicken Breast With Rib Meat
ENJOY REFILLS AT HOME.
Sweet & Savory
KEEP FROZEN
serving suggestion
enlarged to show texture
NET WT 24 OZ (1 LB 8 OZ) 680g

Nutrition Facts

Serving Size 1 fillet (165g)
Servings Per Container about 4

Amount Per Serving

Calories 280	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2.5g	
Cholesterol 85mg	**28%**
Sodium 1010mg	**42%**
Potassium 450mg	**13%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 32g	

Vitamin A 0% • Vitamin C 6%
Calcium 0% • Iron 4%
Folic Acid 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:
CHICKEN: CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING (SUGAR, SALT, CHICKEN BROTH, ONION POWDER, RICE STARCH, GARLIC POWDER, YEAST EXTRACT, NATURAL FLAVORS, SPICES, PAPRIKA, SOYBEAN OIL), SODIUM PHOSPHATES.
BREADED WITH: WHEAT FLOUR, WATER, SUGAR, MALTODEXTRIN, SALT, SPICES, MALTED BARLEY FLOUR, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), PAPRIKA, SOYBEAN OIL, WHEAT GLUTEN, NATURAL FLAVORS. BREADING SET IN VEGETABLE OIL.
CONTAINS WHEAT.

DISTRIBUTED BY: Wal-Mart Stores, Inc., Bentonville, AR 72716

OVEN HEATING INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Place fillets on a baking sheet and bake for 35 - 40 minutes.

Appliances vary, adjust accordingly.

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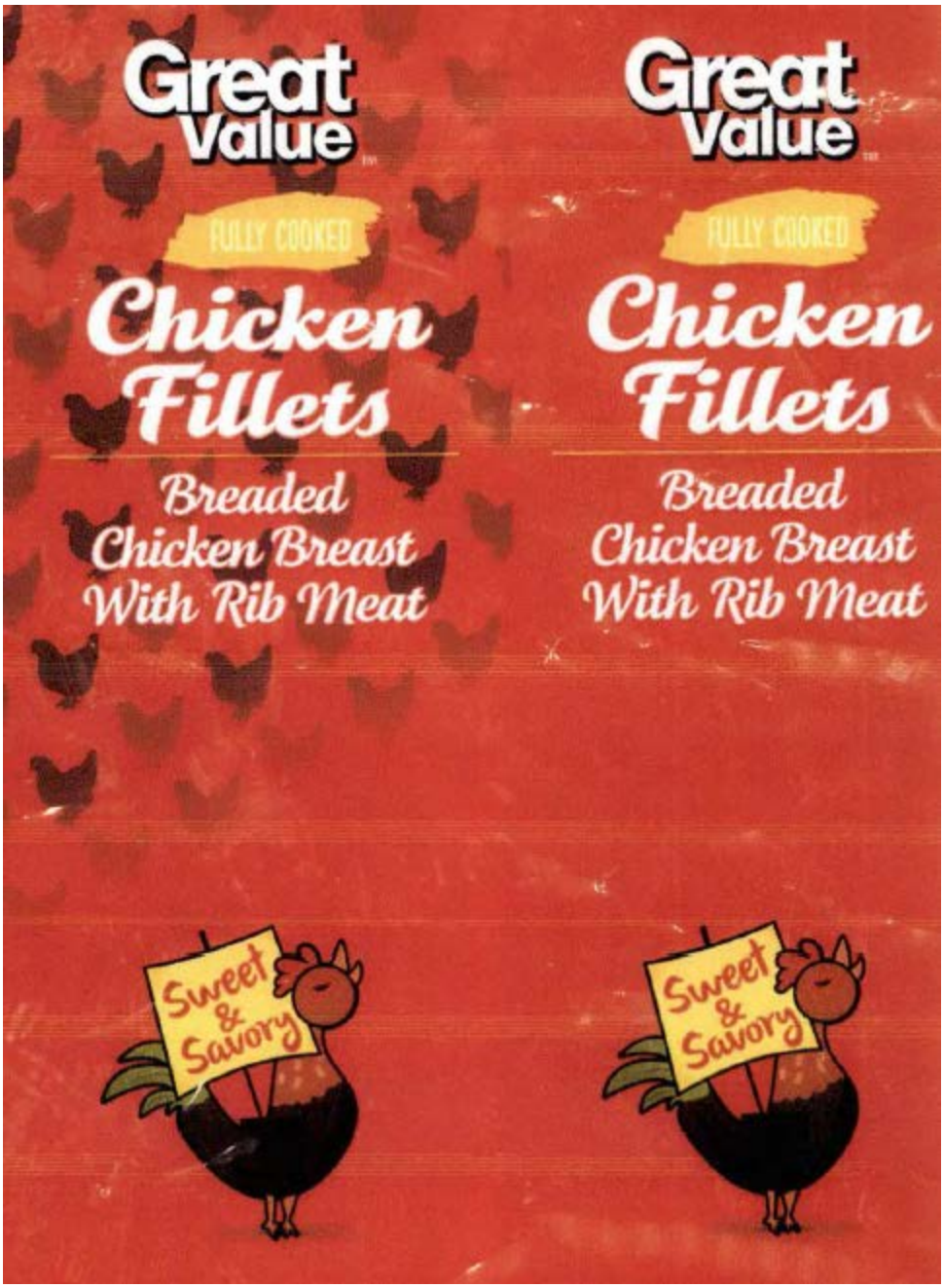
Great Value
FULLY COOKED
Chicken Fillets
Breaded Chicken Breast With Rib Meat
Sweet & Savory
Great Value
FULLY COOKED
Chicken Fillets
Breaded Chicken Breast With Rib Meat
Sweet & Savory

(01)10037371999814(11)170323(21)0570832078

FULLY COOKED

HERB SEASONED BREADED CHICKEN BREAST PATTY WITH RIB MEAT

INGREDIENTS: Boneless, Skinless Chicken Breast with Rib Meat, Water, Herb Seasoning [Corn Maltodextrin, Salt, Modified Tapioca Starch, Dextrose, Yeast Extract, Natural Flavors, Spices, Onion Powder, Garlic Powder, Green Pepper, Soy Sauce (Wheat, Soybeans, Salt) and less than 2% Sunflower Oil], and Sodium Phosphates. Breaded With Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dextrose, Salt, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Cheese Powder [Parmesan Cheese (Milk, Cultures, Salt, Enzymes), Maltodextrin, Whey, Disodium Phosphate], Dried Whey, Spices, Garlic Powder, Onion Powder, Malted Barley Flour and Extractives of Paprika. Breading Set in Vegetable Oil. CONTAINS: MILK, SOY and WHEAT.

HEATING INSTRUCTIONS:
Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 140°F internally.
CONVENTIONAL OVEN: 10 to 13 minutes at 425°F.
MICROWAVE: Heat on HIGH for 55 to 60 seconds. Let stand 1-2 minutes before serving.

Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-7092

Product of USA
KEEP FROZEN

342981 170323OP02

NET WT.
20.0 LBS.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container about 108

Amount per Serving	
Calories 120	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 420mg	18%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 16g	
Iron 2%	Vitamin C 2%

Not a significant source of vitamin A and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

342981OTH

(01)10037371426143(11)170323(21)0570830311

FULLY COOKED

Crispy Chicken Breast Fillet Fritters With Rib Meat

Ingredients: Boneless Skinless Chicken Breast Fillets with Rib Meat, Water, Modified Food Starch, Salt, Sodium Phosphate, and Seasoning (Salt, Spice Extractive). Breaded and Battered with: Wheat Flour, Bleached Wheat Flour, Water, Salt, Rice Flour, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Spices, Garlic Powder, Sugar, Yeast Extract, Dextrose, Sunflower Oil. Breading set in Soybean Oil.

Heating Instructions: (Appliance temperature and/or piece size may vary. Adjust times accordingly. Cook from frozen.)
FRYER: Fry for 3 minutes at 365°F +/- 15°F.
CONVENTIONAL OVEN: Preheat oven to 400°F. Place frozen product in a single layer on a baking sheet. Heat uncovered for 15 to 20 minutes. Turn product after 5 minutes. Let stand for 2 to 3 minutes before serving.
MICROWAVE: Arrange frozen product in a single layer on a on microwave-safe plate. Heat uncovered on high for 1 to 3 minutes. Let stand for 2 to 3 minutes before serving.

Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-7092

Product of USA
KEEP FROZEN

342614 170323OP02
342614OTH

NET WT.
20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container about 107

Amount per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 540mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 15g	
Vitamin C 2%	

Not a significant source of vitamin A, calcium, iron.

*Percent Daily Values are based on a 2,000 calorie diet.

(01)10037371426082(11)170323(21)0570830310

FULLY COOKED

Spicy Breaded Chicken Breast Filet with Rib Meat

Ingredients: Chicken Breast Filet with Rib Meat, Water, Seasoning [Salt, Spice Extractives, Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Dextrose), Maltodextrin, Citric Acid, Spice, Dehydrated Jalapeno Pepper], Sodium Phosphates. Battered and Breaded With: Bleached Wheat Flour, Water, Yellow Corn Flour, Wheat Flour, contains 2 percent or less of Seasoning Blend [Salt, Dehydrated Garlic, Spices, Natural Flavor (Gum Arabic, Spice Extractive), Soybean Oil, Silicon Dioxide (anticaking agent)], Durum Flour, Salt, Sugar, Soybean Oil, Yeast, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Whey, Spices, Egg White, Hydrolyzed Corn Gluten, Natural Flavor. Breading Set in Soybean Oil.

Heating Instructions: (Appliance temperature and/or piece size may vary. Adjust times accordingly. Cook from frozen.)
FRYER: Fry for 3 minutes at 365°F +/- 15°F.
CONVENTIONAL OVEN: Preheat oven to 400°F. Place frozen product in a single layer on a baking sheet. Heat uncovered for 15 to 20 minutes. Turn product after 5 minutes. Let stand for 2 to 3 minutes before serving.
MICROWAVE: Arrange frozen product in a single layer on a on microwave-safe plate. Heat uncovered on high for 1 to 3 minutes. Let stand for 2 to 3 minutes before serving.

Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

342608

170323OP02

342608OTH

Product of USA

KEEP FROZEN

NET WT.
20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container about 107

Amount per Serving	
Calories 150	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 470mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 14g	
Vitamin C 2%	• Iron 2%

Not a significant source of vitamin A, calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

(01)10037371423869(11)170323(21)0570830309

FULLY COOKED

Chicken Fries

Breaded Chicken Fries with Rib Meat

INGREDIENTS: Boneless Chicken Breast with Rib Meat, Water, Soy Protein Concentrate, Seasoning [Salt, Sugar, Flavorings, Yeast Extract, Maltodextrin, Chicken Fat, Dehydrated Chicken Broth, Flavor (Sunflower Oil, Natural Flavor), Corn Syrup Solids, Citric Acid, Dehydrated Lemon Juice, Spice Extractives], Sodium Phosphates, Salt. BATTERED AND BREADED WITH: Bleached Wheat Flour, Water, Wheat Flour, Modified Corn Starch, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, Dextrose, Spice, Extractives of Paprika, Sugar, Guar Gum. Breading set in Soybean Oil.
CONTAINS: SOY, WHEAT

HEATING INSTRUCTIONS:

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 140°F internally.
CONVENTIONAL OVEN: Preheat oven to 450°F. Place frozen chicken fries in a single layer on a baking sheet. Heat for 5 to 10 minutes or until heated thoroughly. Let stand 2 to 3 minutes before serving.
MICROWAVE: Place frozen chicken fries on a microwave safe dish and cover with a paper towel. Heat on HIGH power for 1 minute 30 seconds or until heated thoroughly. Let stand 2 to 3 minutes before serving.
FRYER (Preferred heating method): Fry at 365°F for 1 ¼ to 2 minutes or until heated thoroughly. Let stand 2 to 3 minutes before serving.

Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

342386

170323OP02

Product of USA

KEEP FROZEN

NET WT.
20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container about 107

Amount per Serving	
Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 610mg	25%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 10g	
Iron 4%	

Not a significant source of vitamin A, vitamin C, calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

342386OTH

(01)10037371423852(11)170323(21)0570830308

FULLY COOKED

Chicken Nuggets

Breaded Chicken Nuggets with Rib Meat

INGREDIENTS: Boneless Chicken Breast with Rib Meat, Water, Soy Protein Concentrate, Seasoning [Salt, Sugar, Flavorings, Yeast Extract, Maltodextrin, Chicken Fat, Dehydrated Chicken Broth, Flavor (Sunflower Oil, Natural Flavor), Corn Syrup Solids, Citric Acid, Dehydrated Lemon Juice, Spice Extractives], Sodium Phosphates, Salt. BATTERED AND BREADED WITH: Bleached Wheat Flour, Water, Wheat Flour, Modified Corn Starch, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, Dextrose, Spice, Extractives of Paprika, Sugar, Guar Gum. Breading set in Soybean Oil.
CONTAINS: WHEAT, SOY

HEATING INSTRUCTIONS:

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 140°F internally.
CONVENTIONAL OVEN: 12 to 14 minutes at 375°F. Turn product after 6 minutes.
CONVECTION OVEN: 10 to 12 minutes at 375°F. Turn product after 6 minutes.
FRYER: 3 minutes at 350°F.

Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

INSPECTED FOR WHOLESOMENESS by U.S. DEPARTMENT OF AGRICULTURE P-7092

Product of USA
KEEP FROZEN

342385 **170323OP02**

NET WT.
20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container about 107

Amount per Serving

Calories 180	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 530mg	22%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 10g	

Iron 4%
Not a significant source of vitamin A, vitamin C, calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

342385OTH

(01)10037371423845(11)170323(21)0570830307

FULLY COOKED

Chicken Patties

Breaded Chicken Breast Patties with Rib Meat

INGREDIENTS: Boneless Chicken Breast with Rib Meat, Water, Soy Protein Concentrate, Seasoning [Salt, Sugar, Flavorings, Yeast Extract, Maltodextrin, Chicken Fat, Dehydrated Chicken Broth, Flavor (Sunflower Oil, Natural Flavor), Corn Syrup Solids, Citric Acid, Dehydrated Lemon Juice, Spice Extractives], Sodium Phosphates, Salt. BATTERED AND BREADED WITH: Bleached Wheat Flour, Water, Wheat Flour, Modified Corn Starch, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, Dextrose, Spice, Extractives of Paprika, Sugar, Guar Gum. Breading set in Soybean Oil.
CONTAINS: WHEAT, SOY

HEATING INSTRUCTIONS:

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 140°F internally.
CONVENTIONAL OVEN: 12 to 14 minutes at 375°F. Turn product after 6 minutes.
CONVECTION OVEN: 10 to 12 minutes at 375°F. Turn product after 6 minutes.
FRYER: 3 minutes at 350°F.

Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

INSPECTED FOR WHOLESOMENESS by U.S. DEPARTMENT OF AGRICULTURE P-7092

Product of USA
KEEP FROZEN

342384 **170323OP02**

NET WT.
20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container about 107

Amount per Serving

Calories 180	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 520mg	22%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 9g	

Iron 4%
Not a significant source of vitamin A, vitamin C, calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

342384OTH

(01)10037371420158(11)170323(21)0570830309

FULLY COOKED

BREADED TENDER SHAPED CHICKEN BREAST PATTIES

WITH RIB MEAT

INGREDIENTS: Chicken Breast With Rib Meat, Water, Salt. BREADED AND BATTERED WITH: Whole Wheat Flour, Water, Sugar, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Nonfat Dry Milk, Salt, Yeast Extract, Dried Eggs, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Hydrolyzed Corn Protein, Spices, Soybean Oil, Dried Garlic, Wheat Gluten, Guar Gum, Spice Extractive, Extractives of Paprika (color). Breading set in Soybean Oil.
CONTAINS ALLERGENS: WHEAT, MILK, EGG.

INSPECTED FOR WHOLESOMENESS by U.S. DEPARTMENT OF AGRICULTURE P-7092

Product of USA

KEEP FROZEN

HEATING INSTRUCTIONS:
Suggested Heating Instructions: (Appliance temperature and/or piece size may vary. Adjust times accordingly. Heat from frozen.)
CONVENTIONAL OVEN: Preheat oven to 425°F. Arrange product in a single layer on baking sheet and heat for 15 to 20 minutes.
FRYER: Fry for 3 to 5 minutes at 350°F.
Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

342015

170323OP02

342015OTH

NET WT. 20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84 g)
Servings per Container 108

Amount per Serving	
Calories 150	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 250mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 15g	
Calcium 2% • Iron 4%	

Not a significant source of vitamin C and vitamin A.
*Percent Daily Values are based on a 2,000 calorie diet.

(01)10037371420028(11)170323(21)0570832110

FULLY COOKED

BREADED CHICKEN PATTIES WITH RIB MEAT

INGREDIENTS: Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Seasoning (Brown Sugar, Salt, Natural Flavor), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Wheat Flour and Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Water, Salt, Whole Grain Corn Flour, Dextrose, Sodium Bicarbonate, Extractive of Paprika, Soybean Oil, Sodium Acid Pyrophosphate, Sugar, Sodium Aluminum Phosphate, Spices, Spice Extractives, Garlic Powder, Sodium Alginate. Breading Set in Soybean Oil.
Contains: WHEAT, SOY

INSPECTED FOR WHOLESOMENESS by U.S. DEPARTMENT OF AGRICULTURE P-7092

Product of USA

KEEP FROZEN

Suggested Heating Instructions: (Appliance temperature and/or piece size may vary. Adjust times accordingly. Product should be heated to 165°F internally. Heat from frozen.)
CONVENTIONAL OVEN: 8 to 10 minutes at 375°F. Turn product after 6 minutes.
CONVECTION OVEN: 7 to 9 minutes at 375°F. Turn product after 3 minutes.
Manufactured for Spring River Farms, Fort Smith, AR 72902 U.S.A.

342002

170323OP02

342002OTH

NET WT. 20.0 lbs.

NUTRITION FACTS

Serving Size 3 oz (84g)
Servings per Container about 107

Amount per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 590mg	25%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 2% • Calcium 2%	
Iron 10%	

Not a significant source of vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-7092

BEST BY 03 23 18
PACKED ON 22317

256385

KEEP FROZEN

FULLY COOKED

BREADED CHICKEN NUGGETS

8/ 3 lbs.

Packed by OK Foods, Inc., Fort Smith, AR 72902 U.S.A.
Hatched, Raised, Harvested and Packaged in the USA

(01)10037371563855(10)251145175586

170323OP02101

256385OTH

NET WT.
24.0 lbs.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-7092

BEST BY 03 23 18
PACKED ON 22317

252386

KEEP FROZEN

FULLY COOKED

BREADED CHICKEN FRIES
ITEM # 35098

12/ 24 oz

Packed by OK Foods, Inc., Fort Smith, AR 72902 U.S.A.
Hatched, Raised, Harvested and Packaged in the USA

(01)10037371523866(10)251145175581

170323OP02101

252386OTH

NET WT.
18.0 LBS.

INSPECTED FOR WHOLESOMENESS by U.S. DEPARTMENT OF AGRICULTURE P-7092

BEST BY 03 23 18
PACKED ON 22317

252385

KEEP FROZEN

FULLY COOKED, BREADED

CHICKEN BREAST NUGGETS
ITEM # 35097

12/ 28 oz.

Packed by OK Foods, Inc., Fort Smith, AR 72902 U.S.A.
Hatched, Raised, Harvested and Packaged in the USA

(01)10037371523859(10)251145175584

170323OP02101

252385OTH

NET WT.
21.0 LBS.

TenderBird

BEST BY 03 23 18
PACKED ON 22317

235384

KEEP FROZEN

FULLY COOKED, BREADED

INSPECTED FOR WHOLESOMENESS by U.S. DEPARTMENT OF AGRICULTURE P-7092

CHICKEN BREAST PATTIES WITH RIB MEAT

6/ 3.5 lbs.

Packed by O.K. Foods, Inc., Fort Smith, AR 72902 U.S.A.
Hatched, Raised and Harvested in the USA

(01)10037371353845(10)251145175599

170323OP02102

235384OTH

NET WT.
21.0 lbs.

201258

(01)10037371992587(10)251145171912

170322OP02101

NET WT. 7.50 lbs. SELL BY: 03/22/2018

FULLY COOKED HERB SEASONED BREADED CHICKEN BREAST PATTY WITH RIB MEAT

KEEP FROZEN

40028

5218934

INGREDIENTS: BONELESS, SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, HERB SEASONING [CORN MALTODEXTRIN, SALT, MODIFIED TAPIOCA STARCH, DEXTROSE, YEAST EXTRACT, NATURAL FLAVORS, SPICES, ONION POWDER, GARLIC POWDER, GREEN PEPPER, SOY SAUCE (WHEAT, SOYBEANS, SALT) AND LESS THAN 2% SUNFLOWER OIL], AND SODIUM PHOSPHATES. BREADED WITH ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, SALT, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), CHEESE POWDER (PARMESAN CHEESE (MILK, CULTURES, SALT, ENZYMES), MALTODEXTRIN, WHEY, DISODIUM PHOSPHATE), DRIED WHEY, SPICES, GARLIC POWDER, ONION POWDER, MALTED BARLEY FLOUR AND EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL.

CONTAINS: MILK, SOY, AND WHEAT.

DISTRIBUTED BY:
DOUBLE D FOODS
MANKATO, MN 56001

NET WEIGHT 30 LBS

40028OTH-1

40028 178981

HERB SEASONED CHICKEN BREAST PATTIES

(01) 1 0037371 78981 1 (11) 170323 (10) 0570832080

170323OP02101

178981BC-1

CHICKENTOPIA

(01)10037371330150(10)0570830334

101011

133015

FULLY COOKED

BREADED TENDER SHAPED CHICKEN BREAST PATTIES

With Rib Meat

FOR HRI USE ONLY

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-7092

KEEP FROZEN

INGREDIENTS: Chicken Breast With Rib Meat, Water, Salt.
BREADED AND BATTERED WITH: Whole Wheat Flour, Water, Sugar, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Nonfat Dry Milk, Salt, Yeast Extract, Dried Eggs, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Hydrolyzed Corn Protein, Spices, Soybean Oil, Dried Garlic, Wheat Gluten, Guar Gum, Spice Extractive, Extractives of Paprika (color). Breading set in Soybean Oil.
CONTAINS ALLERGENS: WHEAT, MILK, EGG.

HEATING INSTRUCTIONS: Heat from frozen on parchment paper at 375°F for 10-12 minutes or until product reaches an internal temperature of 165°F.

PACKED ON: 03/23/17

170323OP02102

A Product Of
SOMMA Food Group LLC
3131 McKinney Avenue
Suite 550
Dallas, TX 75204

8 54790 00617 5

133015OTH

NET WT. 30.00 LBS

Smart Foods 4 Schools

(01) 1 0037371 33014 3 (10) 0570830318

63342

BREADED FULLY COOKED CHICKEN PATTIES

SHARK SHAPED CHICKEN FINGERS

WITH RIB MEAT

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-7092

KEEP FROZEN

Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Seasoning (Brown Sugar, Salt, Natural Flavor), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Wheat Flour and Wheat Flour, Wheat Starch, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Salt, Whole Grain Corn Flour, Dextrose, Sodium Bicarbonate, Extractive of Paprika, Soybean Oil, Sodium Acid Pyrophosphate, Sugar, Sodium Aluminum Phosphate, Spices, Spice Extractives, Garlic Powder, Sodium Alginate. Breading Set in Soybean Oil.

Contains: WHEAT, SOY

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 165°F internally. Must be cooked from frozen state. CONVENTIONAL OVEN: 8 to 10 minutes at 375°F. Turn product after 6 minutes. CONVECTION OVEN: 7 to 9 minutes at 375°F. Turn product after 3 minutes.

Inner Individual Packages Not Labeled for Resale

133014 170323OP02101

133014OTH

DISTRIBUTED BY:
SMART FOODS 4 SCHOOLS
Encinitas, CA 92024
Toll Free: 888-418-4065

NUTRITION FACTS

Serving Size 2 chicken fingers (84g)
Servings per Container about 53

Amount per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 590mg	25%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 2% •	Calcium 2%
Iron 10%	

Not a significant source of vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

NET WT. 10.0 lbs.

Smart Foods 4 Schools

(01) 1 0037371 33013 6 (10) 0570830317

63352

BREADED FULLY COOKED CHICKEN PATTIES

SHAMROCK SHAPED CHICKEN FINGERS

WITH RIB MEAT

INSPECTED by U.S. DEPARTMENT OF AGRICULTURE P-7092

KEEP FROZEN

Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Seasoning (Brown Sugar, Salt, Natural Flavor), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Wheat Flour and Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Water, Salt, Whole Grain Corn Flour, Dextrose, Sodium Bicarbonate, Extractive of Paprika, Soybean Oil, Sodium Acid Pyrophosphate, Sugar, Sodium Aluminum Phosphate, Spices, Spice Extractives, Garlic Powder, Sodium Alginate. Breading Set in Soybean Oil.

Contains: WHEAT, SOY

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 165°F internally. Must be cooked from frozen state. CONVENTIONAL OVEN: 8 to 10 minutes at 375°F. Turn product after 6 minutes. CONVECTION OVEN: 7 to 9 minutes at 375°F. Turn product after 3 minutes.

Inner Individual Packages Not Labeled for Resale

133013 170323OP02101

133013OTH

DISTRIBUTED BY:
SMART FOODS 4 SCHOOLS
Encinitas, CA 92024
Toll Free: 888-418-4065

NUTRITION FACTS

Serving Size 2 chicken fingers (84g)
Servings per Container about 53

Amount per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 590mg	25%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 2% •	**Calcium** 2%
Iron 10%	

Not a significant source of vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

NET WT. 10.0 lbs.

Smart Foods 4 Schools

(01) 1 0037371 33008 2 (10) 0570830321

63356

BREADED FULLY COOKED CHICKEN PATTIES

HEART SHAPED NUGGETS

WITH RIB MEAT

INSPECTED by U.S. DEPARTMENT OF AGRICULTURE P-7092

KEEP FROZEN

Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Seasoning (Brown Sugar, Salt, Natural Flavor), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Wheat Flour and Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Water, Salt, Whole Grain Corn Flour, Dextrose, Sodium Bicarbonate, Extractive of Paprika, Soybean Oil, Sodium Acid Pyrophosphate, Sugar, Sodium Aluminum Phosphate, Spices, Spice Extractives, Garlic Powder, Sodium Alginate. Breading Set in Soybean Oil.

Contains: WHEAT, SOY

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 165°F internally. Must be cooked from frozen state. CONVENTIONAL OVEN: 8 to 10 minutes at 375°F. Turn product after 6 minutes. CONVECTION OVEN: 7 to 9 minutes at 375°F. Turn product after 3 minutes.

Inner Individual Packages Not Labeled for Resale

133008 170323OP02101

133008OTH

DISTRIBUTED BY:
SMART FOODS 4 SCHOOLS
Encinitas, CA 92024
Toll Free: 888-418-4065

NUTRITION FACTS

Serving Size 4 nuggets (84g)
Servings per Container about 53

Amount per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 590mg	25%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 2% •	**Calcium** 2%
Iron 10%	

Not a significant source of vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

NET WT. 10.0 lbs.

Smart Foods 4 Schools

63357

(01) 1 0037371 33003 7 (10) 0570830319

BREADED FULLY COOKED CHICKEN PATTIES

STAR SHAPED NUGGETS

WITH RIB MEAT

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-7092

KEEP FROZEN

Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Seasoning (Brown Sugar, Salt, Natural Flavor), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Wheat Flour and Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Water, Salt, Whole Grain Corn Flour, Dextrose, Sodium Bicarbonate, Extractive of Paprika, Soybean Oil, Sodium Acid Pyrophosphate, Sugar, Sodium Aluminum Phosphate, Spices, Spice Extractives, Garlic Powder, Sodium Alginate. Breading Set in Soybean Oil.

Contains: WHEAT, SOY

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 165°F internally. Must be cooked from frozen state. CONVENTIONAL OVEN: 8 to 10 minutes at 375°F. Turn product after 6 minutes. CONVECTION OVEN: 7 to 9 minutes at 375°F. Turn product after 3 minutes.

Inner Individual Packages Not Labeled for Resale

133003 170323OP02101

133003OTH

DISTRIBUTED BY:
SMART FOODS 4 SCHOOLS
Encinitas, CA 92024
Toll Free: 888-418-4065

NUTRITION FACTS

Serving Size 4 nuggets (84g)
Servings per Container about 53

Amount per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 590mg	25%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 2% •	Calcium 2%
Iron 10%	

Not a significant source of vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

NET WT. 10.0 lbs.

Smart Foods 4 Schools

63354

(01) 1 0037371 33002 0 (10) 0570830320

BREADED FULLY COOKED CHICKEN PATTIES

ABC - 123 SHAPED NUGGETS

WITH RIB MEAT

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-7092

KEEP FROZEN

Boneless Chicken Breast with Rib Meat, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), and Cyanocobalamin (B12)], Seasoning (Brown Sugar, Salt, Natural Flavor), Sodium Phosphates. BREADED AND BATTERED WITH: Enriched Fine Grind Whole Grain Wheat Flour and Enriched Wheat Flour (Fine Grind Whole Wheat Flour and Wheat Flour, Wheat Starch, Niacin {Vitamin B3}, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Water, Salt, Whole Grain Corn Flour, Dextrose, Sodium Bicarbonate, Extractive of Paprika, Soybean Oil, Sodium Acid Pyrophosphate, Sugar, Sodium Aluminum Phosphate, Spices, Spice Extractives, Garlic Powder, Sodium Alginate. Breading Set in Soybean Oil.

Contains: WHEAT, SOY

Ovens may vary. Heating time and temperature may require adjustment. Product should be heated to 165°F internally. Must be cooked from frozen state. CONVENTIONAL OVEN: 8 to 10 minutes at 375°F. Turn product after 6 minutes. CONVECTION OVEN: 7 to 9 minutes at 375°F. Turn product after 3 minutes.

Inner Individual Packages Not Labeled for Resale

133002 170323OP02101

133002OTH

DISTRIBUTED BY:
SMART FOODS 4 SCHOOLS
Encinitas, CA 92024
Toll Free: 888-418-4065

NUTRITION FACTS

Serving Size 4 nuggets (84g)
Servings per Container about 53

Amount per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 590mg	25%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 13g	
Vitamin A 2% •	Calcium 2%
Iron 10%	

Not a significant source of vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.

NET WT. 10.0 lbs.