

# UNLOCK YOUR POTENTIAL WITH GOOD NUTRITION

**GOLD  
KIST  
CHICKEN**

## 2022-2023 FACT SHEET

### FULLY COOKED DICED 1/2" WHITE AND DARK CHICKEN MEAT

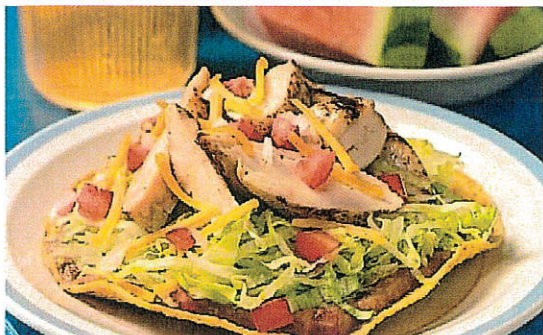
#### PROCESSOR NAME:

**PILGRIM'S PRIDE CORP. — Gold Kist Brand**

CODE NUMBER: 1230  
M/MA CONTRIBUTION: 2  
GRAIN CONTRIBUTION: 0  
GTIN: 10041723002305  
CASE DIMENSIONS: 17L x 13W x 11.43H  
SHELF LIFE: 365 days  
CASES/PALLET: 56

CASE WT: 30#  
SERVING SIZE: 2.47 oz.  
DONATED FOOD/CASE: 32.09  
SERVINGS/CASE: 194  
GR. WT: 31.73#  
PALLET: 8T x 7H  
CASE CUBE: 1.48

### BID DESCRIPTIONS



Oven roasted, fully-cooked 1/2" diced marinated chicken produced from USDA 100103 natural proportion white and dark meat commodity chicken. Product cut into 1/2" cubes and IQF frozen. One serving to equal 2.47 ounces. Product to provide zero grams trans fat.

### Nutrition Facts

About 194 servings per container  
**Serving size 2.47oz (70g)**

**Amount per serving**  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 17g	
Vit D 0mcg 0%	Calcium 10mg 0%
Iron 0.4mg 2%	Potas. 240mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Above Nutrition Facts information for product 1230 is based on the serving size stated on the attached to provide stated equivalencies.

**GOLD  
KIST  
CHICKEN**

Fully Cooked

### DICED 1/2" WHITE AND DARK CHICKEN MEAT

**1230**

INGREDIENTS: White and Dark Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphates.

Copy Not For Documenting Federal Meal Pattern Requirements

HEATING INSTRUCTIONS FROM FROZEN: Conventional Oven: Preheat oven to 350°F. Place frozen chicken pieces in a 1" layer in an ungreased hotel pan. Bake covered for 90 minutes. Convection Oven: Preheat oven to 350°F. Place frozen chicken pieces in a 1" layer in an ungreased hotel pan. Bake covered for 45 minutes. Insert a meat thermometer into the thickest portion of the product. Continue heating until the internal temperature reaches 165°F.



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Product of USA

800-321-1470 www.goldkist.com



(01)10041723002305

*Cheri Schneider*  
Cheri Schneider, K12 & USDA Category Director

SY 22/23

**GOLD  
KIST**

Get the products and support trusted by so many.  
Talk to your representative today or visit [GoldKistFarms.com](http://GoldKistFarms.com)



## Rotini - with Whole Grain

Pack Size: 20 lb.



Our Rotini is made with 51% whole wheat flour that contains fiber, nutrients and whole grains for a healthy lifestyle



### Product Preparation:

For best results, add frozen pasta to boiling water, stirring with fork to separate, for 10 to 30 seconds. Or run under hot tap water until thawed. Drain. If using in cold salad follow with cold water rinse. Or use frozen precooked pasta directly in a casserole recipe in place of other cooked pasta. Adjust bake time to allow for frozen pasta.

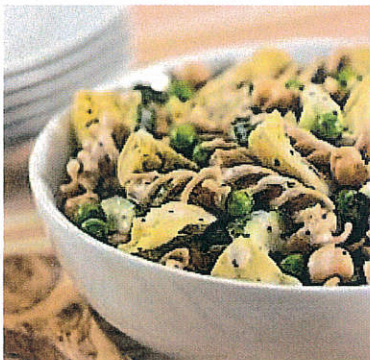
Case GTIN	Shelf Life
10041308310733	15 months
Package Format	Servings per Case
Poly Bag	About 64
Storage	

Keep Frozen

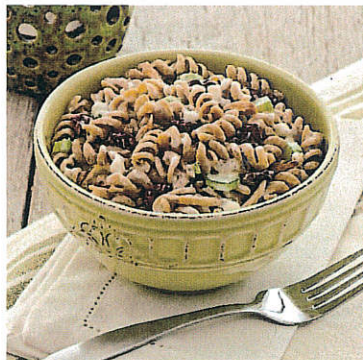
### Operator Benefits:

- Quick prep time (30-60 seconds)
- Quality with convenience - prep only what is needed and keep the rest frozen!
- Little or no wasted product
- Easy menu extensions
- Consistently al dente results every time
- Labor reduction - saves \$\$

## Recipes



Poppyseed Pasta Salad



Pasta Salad with Creamy Blue Cheese Sauce

Visit our Recipe &  
Inspiration Section on  
**MarzettiFoodservice.com**  
for recipe details!





## SWANSON® NATURAL GOODNESS – CHICKEN BROTH

Case Code  
**27514**

Pack & Size  
**12 / 49 OZ**



Swanson® Natural Goodness - Chicken Broth is full of rich chicken flavor but has 1/3 less sodium than our regular broth and is 100% fat free.\* This soup is part of our Wellness Collection.

### Nutrition Facts

Serving Size **1 CUP (240 ML)**

Amount Per Serving

Calories 15 Calories from Fat

% Daily Value

**Total Fat** 0g 0%

**Saturated Fat** 0g 0%

**Trans Fat** 0g

**Polyunsaturated Fat** 0g

**Monounsaturated Fat** 0g

**Cholesterol** 0mg 0%

**Sodium** 570mg 25%

**Potassium** 170mg 4%

**Total Carbohydrate** 0g 0%

**Dietary Fiber** 0g 0%

**Sugars** 1g

**Protein** 2g

Calcium 0% Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products. Information is true and accurate as of: 07/25/2019

### INGREDIENTS

INGREDIENTS: CHICKEN STOCK, CONTAINS LESS THAN 2% OF: SALT, YEAST EXTRACT, FLAVORING, CHICKEN FAT, CHICKEN\*, GARLIC EXTRACT.\*DRIED

### FEATURES AND BENEFITS

100% FAT FREE 33% LESS SODIUM THAN OUR REGULAR PRODUCT+ (860 mg vs. 570 mg)+REGULAR SWANSON CHICKEN BROTH CONTAINS 860 mg OF PER SERVING. THIS PRODUCT CONTAINS 570 mg PER SERVING No Added Preservatives No Added MSG No High Fructose Corn Syrup No Artificial Flavors No Colors from Artificial Sources

### SERVING IDEAS

• For more flavorful dishes, use Swanson broth instead of water, when simmering vegetables, rice, potatoes or pasta • When roasting, baste with Swanson broth for moist, tender, flavorful meats • Swanson broth also makes a great soup starter • Visit [SwansonBroth.com](http://SwansonBroth.com)

### PREPARATION

Do not dilute. Pour contents into saucepan. Heat slowly until hot, stirring occasionally.

### HANDLING

PROMPTLY REFRIGERATE ANY UNUSED PORTION IN A SEPARATE CONTAINER.

### STORAGE

Shelf Life: 730 DAYS

Storage Temperature: 72F

### MORE

100% FAT FREE 33% LESS SODIUM THAN OUR REGULAR PRODUCT+ (860 mg vs. 570 mg)+REGULAR SWANSON CHICKEN BROTH CONTAINS 860 mg OF PER SERVING. THIS PRODUCT CONTAINS 570 mg PER SERVING No Added Preservatives No Added MSG No High Fructose Corn Syrup No Artificial Flavors No Colors from Artificial Sources

### PACKAGING DETAILS

<b>Pack &amp; Size:</b>	12 / 49 OZ	<b>Case Weight:</b>	42.24 LB	<b>UPC:</b>	51000275141
<b>Cube:</b>	0.918 FT	<b>Case Size:</b>	17IN x 12.875IN x 7.25IN (L x W x H)	<b>SCC-14:</b>	10051000275148

### SPECIAL DIETARY NEEDS

100 calories or less per serving; 15 grams total carbohydrates or less per serving; 250 calories or less per serving; 9 grams total carbohydrates or less per serving; Low Fat; Sodium 481 - 800 mgs.

# Washington County School District

Page 1

Recipe

Jul 6, 2023

Recipe: 000636 CHICKEN NOODLE SOUP: USDA 1C.

Recipe Source: <XXX>

Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name: CHICKEN NOODLE SOUP

Number of Portions: 100

Size of Portion: CUP

011143 CELERY,RAW.....	3 LB	1. Combine water, broth, chicken base, and gravy mix. Add celery, carrots, onions, and pepper.
011124 CARROTS,RAW.....	2 1/2 LB	
011284 ONIONS,DEHYDRATED FLAKES.....	1 CUP	2. Bring to a boil. Reduce heat and cover. Simmer 20 minutes.
002030 PEPPER,BLACK.....	1 TBSP	
902468 CHICK,DICED,CKD,FROZEN-COMMOD GK1230...	13 LB	3. Add chicken and frozen noodles. Return to simmer. Cover and simmer for 10 minutes or untill noodles are tender.
900365 CHICKEN GRAVY: (CUSTOM).....	1 BAG	
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 1/4 GAL	
903545 BROTH, CHICKEN SWANSON.....	7 CAN 49oz	4. Pour into serving pans.
903698 PASTA, ROTINI WG.....	1 CASE 20#	
900370 CHICKEN BASE (CUSTOM):LOW SODIUM.....	1/2 LB	5. Portion into correct serving size for your school.

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	237 kcal	Cholesterol	57.04 mg	Sugars	*2.74* g	Calcium	*20.51* mg	13.62%	Calories from Total Fat
Total Fat	3.59 g	Sodium	600.47 mg	Protein	19.21 g	Iron	*0.08* mg	1.64%	Calories from Saturated Fat
Saturated Fat	0.43 g	Carbohydrates	31.79 g	Vitamin A	*1956.02* IU	Water <sup>1</sup>	*70.39* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.22 g	Vitamin C	*1.69* mg	Ash <sup>1</sup>	*0.29* g	53.56%	Calories from Carbohydrates
								32.38%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Washington County School District

Page 2

Recipe

Jul 6, 2023

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.500 oz					? - Milk
Grain..... 1.000 oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.750 cup					? - Tree Nut
Milk..... cup					? - Fish
<u>Moisture &amp; Fat Change</u>					? - Shellfish
Moisture Change. 0%					? - Soy
Fat Change..... 0%					? - Wheat
Type of Fat.....					

## Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011143	CELERY,RAW	LB		No
I	011124	CARROTS,RAW	LB		No
I	011284	ONIONS,DEHYDRATED FLAKES	LB		No
I	002030	PEPPER,BLACK	CUP		No
I	902468	CHICK,DICED,CKD,FROZEN-COMMOD GK123	LB		No
I	900365	CHICKEN GRAVY: (CUSTOM)	BAG		No
I	014429	BEVERAGES,H2O,TAP,MUNICIPAL	GAL		No
I	903545	BROTH, CHICKEN SWANSON			
I	903698	PASTA, ROTINI WG	LB		No
I	900370	CHICKEN BASE (CUSTOM):LOW SODIUM	LB		No

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