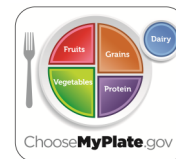




USDA Foods in Schools

100101 - Chicken, Diced, Cooked, Frozen Category: **Meat/Meat Alternate**



Product Description

- This item is fully cooked diced chicken meat. This product is diced into approximately 1/2-inch cubes and is a natural proportion product that contains a minimum of 50% white meat. This item is shipped frozen in 40 pound cases containing eight 5-pound or four 10-pound packages.

Crediting/Yield

- One case of diced chicken provides approximately 640 1-ounce portions.
- CN Crediting: Approximately 1 ounce of diced chicken credits as 1 ounce equivalent meat/meat alternate. Confirm individual product crediting by using the CN Label or product formulation statement.

Culinary Tips and Recipes

- Diced chicken is a versatile ingredient that can be used in a variety of different dishes such as burritos, chicken salad, wraps, soups, casseroles, or as a topping on the salad bar.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.healthychildren.org) or [USDA's Team Nutrition](http://www.usda.gov/teamnutrition).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](http://www.fns.usda.gov/food-safety).

Nutrition Facts

Serving size: 1 ounce (28 g)/1 MMA diced chicken

Amount Per Serving

Calories 36

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 21mg

Sodium 28mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

Visit us at www.fns.usda.gov/usda-fis