



Nutrition and Ingredient Statement

Product Name: Chicken Parm Pasta
Product Code: FG1075
Serving Size: 1 each (8.90 ounces)
Portions/Case: 20

Nutrition Facts	
1 servings per container	
Serving size 1 entree (8.90 oz)	
Amount per serving	
Calories 430	
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 630mg	27%
Total Carbohydrate 48g	17%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 4mg	20%
Potassium 604mg	15%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients:

FULLY COOKED WHOLE GRAIN BREADED CHICKEN BREAST CHUNKS (CHICKEN BREAST WITH RIB MEAT, WATER, SALT, SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ENRICHED YELLOW CORN FLOUR [CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, SOYBEAN OIL, SPICES, ONION POWDER, GARLIC POWDER, CORN STARCH, SODIUM BICARBONATE, NATURAL EXTRACTIVES OF ANNATTO SEED, MALTED BARLEY FLOUR, YEAST, DEXTROSE, MALT SYRUP [MALTED BARLEY, CORN], YEAST EXTRACT, CITRIC ACID, FLAVOR [SOYBEAN OIL, NATURAL EXTRACTIVES OF CHILI PEPPERS, POLYGLYCEROL ESTERS OF FATTY ACIDS]. BREADING SET IN VEGETABLE OIL), MARINARA SAUCE (CRUSHED TOMATOES [WATER, CONCENTRATED CRUSHED TOMATOES], SUGAR, SEA SALT, EXTRA VIRGIN OLIVE OIL, SUNFLOWER OIL, SPICES, DEHYDRATED GARLIC, CITRIC ACID), WHOLE GRAIN ROTINI (WHOLE WHEAT DURUM FLOUR, DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PART-SKIM MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [ADDED TO PREVENT CAKING]), CANOLA OIL, ITALIAN GARLIC SEASONING (SPICES, MALTODEXTRIN [FROM CORN], DEHYDRATED GARLIC, NATURAL FLAVOR).

Allergens:

Milk, Wheat.

Notes:

2 oz eq MMA, 2 oz eq Grain, 1/8 cup Red/Orange Vegetable

This nutritional data is approximated. It was derived by calculation from information supplied by our vendors, and from commercially available databases.

Debbie Blacher
Signature

Debbie Blacher
Printed Name

CEO
Title

June 15, 2020
Date

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Email

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Product Formulation Statement

Product Name: Chicken Parm Pasta
 Product Code: FG1075
 Serving Size: 1 each (9 ounces)

Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount*
Chicken nuggets, breaded (CN #096384)	3.32	x	2.00/4.42	1.50
Mozzarella cheese, shredded	0.50	x	16/16	0.50
Total Creditable M/MA Amount ¹				2.00

*Credible Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Grains

I. Does the product meet the Whole Grain-Rich Criteria?: Yes No

(Per SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains?: Yes No

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

The Product Belongs in Exhibit A Group (A-I): A & H

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Chicken nuggets, breaded (CN #096384)	3.32	4.42	0.75
Whole grain rotini pasta (g)	35	28	1.25
Total Creditable G/B Amount¹			2.00

¹Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq.



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Serving Size: 1 each (8.90 ounces)

Debbie Blacher

Signature

CEO

Title

debbie@wholesomekitchens.com

Email

Debbie Blacher

Printed Name

June 15, 2020

Date

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