

# NUTRITIONAL FACTS

## Chicken & Waffles

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>1 piece</b> (82g/2.9oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 720mg	<b>31%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
<b>Vitamin D</b> 0.2mcg	<b>2%</b>
<b>Calcium</b> 50mg	<b>4%</b>
<b>Iron</b> 0.9mg	<b>6%</b>
<b>Potassium</b> 150mg	<b>4%</b>
<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>	

INGREDIENTS: CHICKEN, BREADING (WHEAT ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGARS (WHITE, MAPLE, BROWN), MODIFIED CORN STARCH, SALT, BUTTERMILK BLEND (BUTTERMILK, WHEY SOLIDS), YELLOW CORN FLOUR, NATURAL FLAVORS, MALTODEXTRIN, CORN STARCH, SPICES, LACTIC ACID, YEAST, LIPOLYZED CREAM (BUTTER, NONFAT MILK), VINEGAR, BUTTERMILK POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), STARTER DISTILLATE)), WATER, PASTEURIZED PROCESS SWISS CHEESE (SWISS CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SALT, NATURAL CHEESE FLAVOR, SORBIC ACID (PRESERVATIVE)), SOYBEAN OIL, MODIFIED FOOD STARCH, LESS THAN 2% OF: SPICES, ONION POWDER, BROWN SUGAR, CORN SYRUP SOLIDS, DEXTROSE, MALTODEXTRIN, MAPLE SUGAR, SUGAR, SALT, NATURAL FLAVORS, WHEY, NONFAT MILK SOLIDS, MODIFIED BUTTER OIL, DEHYDRATED BUTTER, HYDROLYZED SOY AND WHEAT PROTEIN, YEAST EXTRACT, ANNATTO AND TURMERIC (COLOR), SODIUM BICARBONATE, GUM (GUAR, XANTHAN), POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), SODIUM PHOSPHATE

**CONTAINS: MILK, SOY, WHEAT**

# NUTRITIONAL FACTS

Monterey Jack

<b>Nutrition Facts</b>	
Serving Size 1 piece (82g/2.9oz)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 490mg</b>	<b>20%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 14g</b>	
<b>Vitamin A 2%</b>	<b>• Vitamin C 0%</b>
<b>Calcium 10%</b>	<b>• Iron 6%</b>
*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:** CHICKEN, WATER, BREADING (ENRICHED AND BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, SALT, DEXTRIN, WHEAT GLUTEN, SUGAR, YEAST, XANTHAN GUM, DEHYDRATED ONION, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GUAR GUM, DEHYDRATED GARLIC, NATURAL FLAVOR, ASCORBIC ACID (DOUGH CONDITIONER), SPICE, SOYBEAN OIL), PASTEURIZED PROCESSED MONTEREY JACK AND SWISS CHEESE (MONTEREY JACK CHEESE AND SWISS CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, MILK FAT, SALT, ARTIFICIAL COLOR), SOYBEAN OIL, SEASONING (SOY PROTEIN ISOLATE, NONFAT MILK SOLIDS, SALT, HYDROLYZED SOY AND WHEAT PROTEIN, SODIUM PHOSPHATE, DEXTROSE, ONION POWDER, NATURAL FLAVOR), CHEESE FLAVOR (DEHYDRATED BLEND OF WHEY, CHEESE (GRANULAR AND BLUE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES]), SUNFLOWER OIL, MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), MODIFIED CORN STARCH, EDIBLE ADHESIVE (CORN SYRUP SOLIDS, MODIFIED CORN STARCH, GUAR GUM), PRESERVATIVES (CITRIC ACID, POTASSIUM SORBATE, SODIUM BENZOATE), SODIUM PHOSPHATE, NATURAL FLAVORS, XANTHAN GUM, ANNATTO EXTRACT

**CONTAINS: MILK, SOY, WHEAT**

# NUTRITIONAL FACTS

## Garlic Parmesan

<b>Nutrition Facts</b>	
Serving Size 1 piece (82g/2.9oz)	
Servings Per Container 24	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	<b>Calories from Fat</b> 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 12g	
Vitamin A 0%	• Vitamin C 2%
Calcium 10%	• Iron 6%
*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

**INGREDIENTS:** CHICKEN, BREADING (WHEAT ENRICHED AND BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTRIN, MODIFIED FOOD STARCH, SUGAR, NATURAL FLAVORS, SOYBEAN OIL, YEAST, SPICE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GUM (GUAR, XANTHAN)), WATER, PASTEURIZED PROCESS SWISS CHEESE (SWISS CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SALT, NATURAL CHEESE FLAVOR, SORBIC ACID (PRESERVATIVE)), OIL (SOYBEAN, EXTRA VIRGIN OLIVE, CANOLA, SAFFLOWER, LEMON), LESS THAN 2% OF: PARMESAN CHEESE (PART SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), SPICES, ONION POWDER, GARLIC, DEXTROSE, CANE SUGAR, CORN SYRUP SOLIDS, SALT, NATURAL FLAVORS, NONFAT MILK SOLIDS, SOY PROTEIN ISOLATE, HYDROLYZED SOY AND WHEAT PROTEIN, MODIFIED CORNSTARCH, ENZYME MODIFIED BUTTER (BUTTER, BUTTERMILK POWDER, NATURAL FLAVOR), DISTILLED VINEGAR, GUM (GUAR, XANTHAN), VINEGAR SOLIDS, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), DATEM, SODIUM PHOSPHATE

**CONTAINS: MILK, SOY, WHEAT**