



Alpha Buddies

Ingredients:

BONELESS SKINLESS CHICKEN BREAST WITH RIB MEAT, WATER, WHOLE WHEAT FLOUR, ENRICHED AND/OR BLEACHED WHEAT FLOUR (NIACIN (VITAMIN B3), REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), ISOLATED SOY PROTEIN, CALCIUM CARBONATE. **CONTAINS 2% OR LESS OF THE FOLLOWING:** WHOLE GRAIN YELLOW CORN FLOUR, SALT, YELLOW CORN FLOUR, CORN STARCH, CANOLA OIL, YEAST, DEXTROSE, NATURAL CHICKEN FLAVOR, SUGAR, SEA SALT, FLAX MEAL, SPICES, EXTRACTIVE OF PAPRIKA, NATURAL FLAVOR, IRON, GUAR GUM, GARLIC POWDER, ONION POWDER. **ALLERGENS: SOY, WHEAT.**

Nutrition Facts	
Serving size 4 pieces (93g)	
Servings per container about 8 (1.575 lbs)	
Servings per container about 12 (2.375 lbs)	
Amount Per Serving	% Daily Value
Calories 200	Calories from Fat 130
Total Fat 10g	15%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 360 mg	15%
Total Carbohydrate 16 g	5%
Dietary Fibre 2 g	8%
Sugars 1 g	
Protein 11 g	22%
Vitamin A	0%
Vitamin C	0%
Calcium	35%
Iron	15%

Heating instructions:

****Warning: Do not defrost. Heat this product from the frozen state. Since appliances may vary in power, these instructions are guidelines only. Internal temperature should reach 165°F.**

Conventional oven: Preheat oven to 425° F. Heat for 10 to 12 minutes.

Microwave oven: Heat on high power for 1 minute for 4 pieces. Turning once. Let stand 1 minute before serving.

Fryer: Preheat oil to 350°F. Fry for 2 to 2 ½ minutes.

Toaster oven: Preheat oven to 425°F. Heat for 12 to 14 minutes.

 Labeled for Child Nutrition Programs

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Four 0.82 oz. chicken breast patty fritters with rib meat provide 1.00 oz. equivalent meat/meat alternate and 1.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02-14).