



## TERIYAKI CHICKEN WITH SESAME NOODLES MEAL

Grilled chicken with Teriyaki Sauce, pineapple, and peppers over a bed of sesame noodles

### HEATING INSTRUCTIONS

**MICROWAVE OVEN:** Pierce the plastic and heat on high for 2 to 3 minutes or until hot (or until internal temperature is 165°F as indicated by a calibrated cooking thermometer)

### INGREDIENTS

**Linguine** (Water, Linguine [Semolina Wheat, Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Cultured Skim Milk), **Grilled Chicken Strips** (Boneless Chicken Breast, Water, Contains 2% Or Less Of The Following: Vinegar, Salt, Natural Flavors), **Teriyaki Sauce** (Water, Sugar, Soy Sauce [Water, Wheat, Soybeans, Salt], Corn Starch, Contains 2% or less of; Caramel Color, Ginger Puree, Salt, Citric Acid, Garlic, Olive Oil, Soybean Oil, Xanthan Gum), **Red Peppers** (Red Peppers, Water, Salt, Citric Acid), **Soy Sauce** (Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate [Less Than 1/10 of 1% as a Preservative]), **Hoisin Sauce** (Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Peppers, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40), **Sesame Oil**, **Pineapple** (Pineapple, Pineapple Juice, Citric Acid), **Soybean Oil**, **Sesame Seeds**.

Contains Soy, Wheat.

### Nutrition Facts

2.5 servings per container  
Serving Size **5oz (140g)**

Amount per serving  
**Calories 180**

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 720mg	<b>31%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 183mg	<b>4%</b>

\*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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

FROZEN - NEW YORK

UPC CASE #: 7-06129-02724-8

UPC UNIT #: 7-06129-02730-9

PACK SIZE: 6/13.50 OZ

BOX L/W/H: 13.07 x 10.45" x 7.02"

CUBE: 0.56

TI/HI: 14x10

GR WEIGHT: 5.76 LB

SHELF LIFE: 90 day min. (14 from slack)

NET WT: 5.06 LB

Case UPC



7 06129 02724 8

Unit UPC



7 06129 02730 9