



## CHICKEN ALFREDO MEAL KIT

Grilled chicken breast strips served over al dente penne pasta tossed in a traditional Alfredo sauce and topped with Parmesan cheese

### HEATING INSTRUCTIONS

#### MICROWAVE OVEN:

Remove the lid and cover the tray.  
Place tray in microwave and heat on high  
for 2.5 to 3 minutes or until hot.

### INCLUDED IN THE KIT:

Penne with Alfredo Sauce	1 Tray	5.00 lbs.
Grilled Chicken Strips	1 Tray	2.50 lbs.
Parmesan Cheese	1 Bag	0.375 lbs.
<b>TOTAL:</b>		<b>7.875 lbs.</b>

### MAKES 5 FINISHED TRAYS:

Penne with Alfredo Sauce Per Tray:	1.00 lb.
Grilled Chicken Strips Per Tray:	0.50 lbs.
Parmesan Cheese Per Tray:	0.07 lbs.
<b>TOTAL: 1.57 lbs.</b>	

### INGREDIENTS

**Alfredo Sauce** (Skim Milk, Romano and Parmesan Cheeses [Part Skim Milk, Cultures, Enzymes, Salt], Soybean Oil, Water, Butter [Cream, Salt], Corn Starch, Contains 2% or less of the following: Salt, Egg Yolk, Whey Protein Concentrate, Garlic Powder, Yeast Extract, Spices), **Chicken** (Chicken Breast, Water, Vinegar, Salt, Natural Flavors), **Water, Pasta** (Semolina [Wheat], Niacin, Iron [Ferrous Sulfate, Thiamin, Mononitrate, Riboflavin, Folic Acid]), **Parmesan Cheese** (Pasturized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [To Prevent Caking]).

Contains Egg, Milk, Wheat.

#### FRESH - NEW YORK

UPC #: 7-06129-03435-2	TI/HI: 14x10
PACK SIZE: 1/7.875 LB	GR WEIGHT: 8.575 LB
BOX L/W/H: 13.07 x 10.45" x 7.02"	SHELF LIFE: 16 DAYS/14 RECEIVED
CUBE: 0.56	NET WT: 7.875 LB



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#### FROZEN - NEW YORK & ARIZONA

UPC #: 7-06129-03446-8	TI/HI: 14x10
PACK SIZE: 1/7.875 LB	GR WEIGHT: 8.575 LB
BOX L/W/H: 13.07 x 10.45" x 7.02"	SHELF LIFE: Min. 90 days (14 from slack)
CUBE: 0.56	NET WT: 7.875 LB



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### Nutrition Facts

varies servings per container  
**Serving size 4oz(114g)**

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 117mg	10%
Iron 1mg	6%
Potassium 226mg	4%

\*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.