

**CODE 62210**

**CN Whole Grain Breaded  
Chicken Tenders**

**PRODUCT NAME:** CN FC Whole Grain Breaded Chicken Strip w/ISP w/ DWE

**CODE NUMBER:** 62210

**SERVING SIZE :** 3/1.28 oz

**Contribution:** 2.5 *M/MA Serving* 1.25 *Bread Serving*

**Basic Components**

Calories (kcal)	239
Fat (g)	13
Saturated Fat (g)	3
Trans Fatty Acid (g)	0
Cholesterol (mg)	59
Carbohydrates (g)	16
Dietary Fiber (g)	2
Total Sugars (g)	1
Protein (g)	18
<b>Vitamins</b>	
Vitamin A - IU (IU)	177
Vitamin C (mg)	1
<b>Minerals</b>	
Sodium (mg)	733
Calcium (mg)	49
Iron (mg)	2