

School Year 2013 - 2014

Nutritional Information for **Asian Food Solutions**



Product Code Number	Product Description	Case Weight (lbs)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (%DV)	CN Number (if applicable)	Meat/MA Credit	Veg Credit	Bread Svgs Credit
72005WG	Breaded Japanese Cherry Blossom Sweet n Sour Chicken (3.9 oz)	42.9	3.9	1	176	199	36	6%	4	1	0	44	385	25	1	1	1	1	2.5	0	8	N/A	2	0	0.5
72003WG	Breaded General Tso's Chicken (CN 3.9 oz)	45.12	3.9	1	176	200	40	6%	4	1	0	45	510	26	2	14	14	0	0	0	8	N/A	2	0	0.5
72001WG	Breaded Tangerine Chicken (CN 3.9 oz.)	45.12	3.9	1	176	190	35	7%	4	1	0	45	380	25	2	13	14	0	0	0	8	N/A	2	0	0.5
73001	Teriyaki Chicken (CN 2.85 oz.)	45.12	2.85	1	240	146	20	3%	2.5	1	0	53	414	14	0	15	15	2	0	2	6	079053	2	0	0
73002	New Orleans Chicken (CN 2.85 oz.)	45.12	2.85	1	240	146	20	3%	2.5	1	0	53	414	14	0	15	15	0	0	1	6	079049	2	0	0
73003	Spicy Chicken (CN 2.85 oz.)	45.12	2.85	1	240	110	20	4%	2.5	1	0	53	378	5	0	4	15	0	0	1	6	079051	2	0	0

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html

Please visit the manufacturer website at: <http://www.asianfoodsolutions.com/Menu.php>

**Whole Grain
Japanese Cherry
Blossom Chicken
#72005WG**



Whole grain battered chicken chunks tossed with a sweet and sour cherry sauce.

Nutrition Facts

Serving Size 3.9oz (110g)
Servings Per Container about 176

Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 350mg	15%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.
(6) 5 lb chicken & (6) 2.15 lb sauce.
Case Information: Item# 72005WG
Case L x W x H: 16.32" x 14.06" x 10.63"
Cube: 1.41 Tl x Hl: 8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

INGREDIENTS: FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, PAPRIKA. PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORNSTARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, PAPRIKA. JAPANESE CHERRY BLOSSOM SAUCE: WATER, SUGAR, DISTILLED WHITE VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF CHERRY JUICE CONCENTRATE, ORANGE JUICE CONCENTRATE, SALT, MALTODEXTRIN, CULTURED DEXTROSE, CITRIC ACID, PAPRIKA, SODIUM CITRATE, XANTHAN GUM, AND NATURAL FLAVOR.

CONTAINS: WHEAT AND EGGS

BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

BREADED CHICKEN PIECES

Convection/Conventional oven (Best)

Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

SAUCE IN BAG (product must be thawed)

Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F.

Microwave (Good)

Place entire sauce in bag into microwave for 3 minutes or until content is 165°F.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.



Asian Food Solutions, Inc.

For more information contact:

info@asianfoodsolutions.com



PACKED FOR: ASIAN FOOD SOLUTIONS OVIEDO, FL 32765 MADE IN THE U.S.A. WWW.ASIANFOODSOLUTIONS.COM

73003

GREEN DRAGON

FULLY COOKED SEASONED CHICKEN DARK MEAT STRIPS WITH A SPICY SAUCE

INGREDIENTS: SEASONED CHICKEN LEG MEAT STRIPS [CHICKEN LEG MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING (WATER, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR) , SUGAR, SALT, CARAMEL COLOR, CONTAINS LESS THAN 2% OF MOLASSES, YEAST EXTRACT, XANTHAN GUM, LACTIC ACID, AND NATURAL FLAVOR) , CONTAINS LESS THAN 2% OF: SUGAR, PEPPER, MUSTARD SEED, CELERY SEEDS, GARLIC, WHEAT FLOUR, FRUCTOSE, XANTHAN GUM, THYME, BASIL, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, SALT, AUTOLYZED YEAST, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE. SPICY SAUCE: WATER, SOY SAUCE (WATER SOYBEANS, SALT, WHEAT FLOUR) , SUGAR, BROWN SUGAR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, YEAST EXTRACT, CARAMEL COLOR, LACTIC ACID, GARLIC, SPICES, CHILI PEPPERS, CHICKEN BROTH, XANTHAN GUM, CULTURED DEXTROSE, MALTODEXTRIN. CONTAINS SOY, WHEAT.

BASIC HEATING INSTRUCTIONS: Per (1) 7.15 lb bag of chicken with sauce

Convection /Conventional oven (best) - Pre-heat oven to 350° F/ 400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20 - 25 minutes until product reaches 165° F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good) (product must be thawed) - Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

Serving - Equipment and times may vary. Use thermometer to ensure food temperature is 165° F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve.

KEEP FROZEN

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NET. WT. 42.90 LBS



(10) 734411730030



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73002

GREEN DRAGON
FULLY COOKED SEASONED CHICKEN DARK MEAT STRIPS
WITH A NEW ORLEANS BRAND SAUCE
MADE IN ILLINOIS

INGREDIENTS: SEASONED CHICKEN LEG MEAT STRIPS [CHICKEN LEG MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING [WATER, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR), SUGAR, SALT, CARAMEL COLOR, CONTAINS LESS THAN 2% OF MOLASSES, YEAST EXTRACT, XANTHAN GUM, LACTIC ACID, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF: SUGAR, PEPPER, MUSTARD SEED, CELERY SEEDS, GARLIC, WHEAT FLOUR, FRUCTOSE, XANTHAN GUM, THYME, BASIL, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, SALT, AUTOLYZED YEAST, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE. NEW ORLEANS BRAND SAUCE: SUGAR, WATER, BROWN SUGAR, SALT (SALT, SEA SALT), CONTAINS LESS THAN 2% OF: SOYBEANS, WHEAT FLOUR, MODIFIED CORN STARCH, YEAST EXTRACT, CARAMEL COLOR, SESAME PASTE, GARLIC, XANTHAN GUM, CHILI PEPPERS, SPICES, CULTURED DEXTROSE, MALTODEXTRIN.

CONTAINS SOY, WHEAT.

BASIC HEATING INSTRUCTIONS: Per (1) 7.15 lb bag of chicken with sauce

Convection /Conventional oven (best) - Pre-heat oven to 350° F/ 400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20 - 25 minutes until product reaches 165° F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good) (product must be thawed) - Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

Serving - Equipment and times may vary. Use thermometer to ensure food temperature is 165° F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve.

KEEP FROZEN

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NET. WT. 42.90 LBS



(10) 734411730023



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73001

GREEN DRAGON

FULLY COOKED SEASONED CHICKEN DARK MEAT STRIPS WITH A TERIYAKI SAUCE

INGREDIENTS: SEASONED CHICKEN LEG MEAT STRIPS [CHICKEN LEG MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING (WATER, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR), SUGAR, SALT, CARAMEL COLOR, CONTAINS LESS THAN 2% OF: MOLASSES, YEAST EXTRACT, XANTHAN GUM, LACTIC ACID, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF: SUGAR, PEPPER, MUSTARD SEED, CELERY SEEDS, GARLIC, WHEAT FLOUR, FRUCTOSE, XANTHAN GUM, THYME, BASIL, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, SALT, AUTOLYZED YEAST, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE. TERIYAKI SAUCE: SUGAR, WATER, BROWN SUGAR, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR), CONTAINS LESS THAN 2% OF MODIFIED CORN STARCH, SEA SALT, YEAST EXTRACT, CARAMEL COLOR, SESAME OIL, SESAME SEEDS, XANTHAN GUM, LACTIC ACID, NATURAL FLAVOR.
CONTAINS SOY, WHEAT.

BASIC HEATING INSTRUCTIONS: Per (1) 7.15 lb bag of chicken with sauce

Convection /Conventional oven (best) - Pre-heat oven to 350° F / 400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20 - 25 minutes until product reaches 165° F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good) (product must be thawed) - Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

Serving - Equipment and times may vary. Use thermometer to ensure food temperature is 165° F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve.

KEEP FROZEN

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NET. WT. 42.90 LBS



(10) 734411730016

Whole Grain General Tso's Chicken

#72003WG



Whole grain battered chicken chunks tossed with a sweet and spicy sauce.

Nutrition Facts

Serving Size 3.9oz (110g)
Servings Per Container about 176

Amount Per Serving	
Calories 200	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 510mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.
(6) 5 lb chicken & (6) 2.15 lb sauce.
Case Information: Item# 72003WG
Case L x W x H: 16.32" x 14.06" x 10.63"
Cube: 1.68 TI x HI: 8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE. PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE). GENERAL TSO'S SAUCE: SUGAR, WATER, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR, WHITE DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, ONION POWDER, GARLIC POWDER, SESAME SEEDS, CHILI PEPPERS, SPICES, SESAME OIL, SAFFLOWER OIL, CITRIC ACID, SODIUM CITRATE, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR (MILK)).

CONTAINS: WHEAT, EGGS, MILK AND SOY.

BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

BREADED CHICKEN PIECES

Convection/Conventional oven (Best)

Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve.

SAUCE IN BAG (product must be thawed)

Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F.

Microwave (Good)

Place entire sauce in bag into microwave for 3 minutes or until content is 165°F.



Asian Food Solutions, Inc.

For more information contact:
info@asianfoodsolutions.com

Whole Grain Tangerine Chicken #72001WG



Whole grain battered chicken chunks tossed with a sweet and tangy sauce.

Nutrition Facts

Serving Size 3.9oz (110g)
Servings Per Container about 176

Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 380mg	16%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.
(6) 5 lb chicken & (6) 2.15 lb sauce.
Case Information: Item# 72001WG
Case L x W x H: 16.32" x 14.06" x 10.63"
Cube: 1.41 Tl x Hl: 8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE. PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE). TANGERINE SAUCE- WATER, BROWN SUGAR, DISTILLED WHITE VINEGAR, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR), CONTAINS LESS THAN 2% OF: TANGERINE JUICE CONCENTRATE, SPICES, GARLIC, CRUSHED CHILI PEPPERS, YEAST EXTRACT, CITRIC ACID, MODIFIED CORN STARCH, CULTURED DEXTROSE, MALTODEXTRIN, XANTHAN GUM.

CONTAINS: WHEAT, EGGS AND SOY

BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

BREADED CHICKEN PIECES

Convection/Conventional oven (Best)

Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

SAUCE IN BAG (product must be thawed)

Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F.

Microwave (Good)

Place entire sauce in bag into microwave for 3 minutes or until content is 165°F.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.



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