

Vegetable Chicken Noodle USA

*All-American chicken and noodles seasoned with carrots, bell peppers, and onions.
LunchWell products meet all Wellness Guidelines - each serving has less than 30% fat,
less than 10% saturated fat, 0 grams of trans fat, low sodium, and 5 grams of fiber!*



LunchWell

Basic Recipe

- 1 #10 can LunchWell Chicken Noodle USA
- 4 lbs Cooked and Diced Chicken
- 1 #10 can Mixed Vegetables unsalted
- 1 gallon + 3 cups Boiling Water

1. In a full size steam table pan, combine chicken, mixed vegetables, and pasta and seasoning mix from the can.

2. Carefully add boiling water and stir to mix.

3. Loosely cover pan with foil and bake in a preheated 400° oven for 30-35 minutes.

4. Remove from oven and stir gently. Allow product to set for 15-30 minutes before serving.

Yield: 30 - 1 cup (8 oz) servings

Note: 180 servings per case

Meal Components Met Per Serving:
2 oz Meat, 1 Bread, 1/4 cup Vegetable

Nutrition Facts

Nutrition Facts				Chicken Noodle USA, As Packaged		As Prepared with Diced Chicken, Mixed Vegetables Unsalted	
Serving Size				(46g)		(306g)	
Servings Per Container				30		30	
Amount Per Serving							
Calories				110		230	
Calories from Fat				0		35	
				% Daily Value*		% Daily Value*	
Total Fat				0g	0%	4g	6%
Saturated Fat				0g	0%	1g	5%
Trans Fat				--g		0g	
Cholesterol				0mg	0%	45mg	15%
Sodium				400mg	17%	450mg	19%
Total Carbohydrate				27g	9%	35g	12%
Dietary Fiber				5g	20%	7g	28%
Sugars				3g		5g	
Protein				3g		18g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:							
Calories:				2,000	2,500		
Total Fat	Less than	65g	80g				
Saturated Fat	Less than	20g	25g				
Cholesterol	Less than	300mg	300 mg				
Sodium	Less than	2,400mg	2,400mg				
Total Carbohydrate		300g	375g				
Dietary Fiber		25g	30g				
Calories per gram:							
Fat 9 • Carbohydrate 4 • Protein 4							
Vitamin A				20%	190%		
Vitamin C				4%	8%		
Calcium				4%	6%		
Iron				4%	6%		



Ordering Information:
Item Code: LW2010
Pack Size: 6 / #10 cans
Servings per Case: 180

Call 800.323.0233 or visit www.gagefoods.com to place your order!