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 gallon + 3 cups Boiling Water

1. In a full size steam table pan, combine chicken 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 400º oven for 30-35 minutes.

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

Yield: 30 - 3/4 cup (7.5 oz) servings
Note: 180 servings per case

Meal Components Met Per Serving:
2 oz Meat, 1 Bread

Nutrition Facts

	Chicken Noodle USA, As Packaged		As Prepared with Diced Chicken	
Serving Size		(46g)	3/4 cup (7.5 oz) (256g)	
Servings Per Container 30		30	30	
Amount Per Serving				
Calories		110	220	
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%**	50mg	**17%**
Sodium	400mg	**17%**	450mg	**19%**
Total Carbohydrate	27g	**9%**	31g	**10%**
Dietary Fiber	5g	**20%**	5g	**20%**
Sugars	3g		3g	
Protein	3g		18g	
Vitamin A		20%		20%
Vitamin C		4%		4%
Calcium		4%		6%
Iron		4%		4%

*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

menu solutions
Gage

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!