

Service Case Chicken Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Stuffed Chicken												
Bacon Cheddar	1 chicken breast	460	27	12	0	180	640	1	0	1	--	52
Broccoli, Ham and Cheese	1 chicken breast	290	10	4	0	155	230	1	0	1	--	48
Chicken Cordon Bleu	1 chicken breast	320	12	4.5	0	165	260	1	0	0	--	51
Chicken Kiev	1 chicken breast	490	35	13	0	130	320	2	0	0	--	42
Cornbread Pepper Jack	1 chicken breast	310	10	3	0	145	240	6	0	1	--	45
Santa Fe Style	1 chicken breast	310	13	6	0	160	620	3	0	1	--	46
Spinach and Ricotta	1 chicken breast	290	9	3	0	140	920	6	0	0	--	49
Wild Rice	1 chicken breast	340	12	2	0	135	390	13	1	1	1	44
Marinated Chicken Breasts												
Asian BBQ	1 chicken breast	200	4.5	1	0	110	380	5	0	2	2	35
Buffalo	1 chicken breast	190	4.5	1	0	110	730	3	0	1	--	35
Butter Garlic	1 chicken breast	190	4.5	1	0	110	760	2	0	1	--	35
Cajun	1 chicken breast	190	4.5	0.5	0	110	750	1	0	0	--	35
Cilantro Lime	1 chicken breast	200	4.5	1	0	110	760	4	0	1	0	35
Honey Teriyaki	1 chicken breast	210	4	0.5	0	110	580	7	0	5	5	35
Italian	1 chicken breast	190	4.5	0.5	0	110	790	2	1	0	--	35
Lemon Pepper	1 chicken breast	190	4.5	1	0	110	730	3	0	0	--	35
Mesquite	1 chicken breast	190	4.5	0.5	0	110	850	3	0	2	1	35
Parmesan Pesto	1 chicken breast	190	4.5	1	0	110	810	3	0	1	1	35
Tomato Basil	1 chicken breast	190	4.5	0.5	0	110	760	1	1	1	--	34
Service Case Chicken												
Bacon Wrapped Chicken	1 chicken breast	260	11	3	0	110	960	2	0	1	1	38
Chicken Breast	1 chicken breast	200	4.5	1	0	120	0	0	0	0	--	38
Marinated Chicken and Vegetable Kabobs												
Butter Garlic	1 kabob	210	4.5	1	0	115	800	5	1	2	--	37
Mesquite	1 kabob	220	4.5	1	0	115	900	6	1	3	1	37
Tomato Basil	1 kabob	210	4.5	1	0	115	800	4	1	3	--	37
Unmarinated	1 kabob	220	5	1	0	130	0	3	1	1	--	40
Breaded Chicken												
Homestyle Panko Crusted Chicken Breast	1 chicken breast	230	4	0.5	0	100	270	13	0	0	--	33
Italian Style Panko Crusted Chicken Breast	1 chicken breast	240	4	0.5	0	95	420	16	1	1	--	33
Corn Flake Crusted Chicken Breast	1 chicken breast	240	3.5	0.5	0	95	400	20	0	2	2	31
Chicken Wings												
Buffalo Style	4 wings	250	16	4.5	0	140	690	2	0	1	--	22
Cilantro Lime	4 wings	250	16	4.5	0	140	690	3	0	0	--	22
Garlic Parmesan	4 wings	240	16	4.5	0	135	1080	1	0	0	--	22

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Mesquite Flavored	4 wings	250	16	4.5	0	135	780	2	0	1	1	22
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