

UNLOCK YOUR POTENTIAL WITH GOOD NUTRITION

**GOLD
KIST®
CHICKEN**

2022-2023 PRODUCT GUIDE

| SKU | PRODUCT | PRODUCT DESCRIPTION | CN SERVING SIZE | SERVING PER CASE | M/MA EQUIV. | GRAIN EQUIV. | CALORIES | SODIUM |
|--------------------------------------|------------|---|-----------------|------------------|-------------|--------------|----------|--------|
| WHOLE MUSCLE ALL WHITE MEAT PRODUCTS | | | | | | | | |
| 7516 | Gold Kist® | Fully Cooked Boneless, Skinless, Whole Grain Breaded Chicken Breast Fillets With Rib Meat | 4.00 oz | 100-140 | 2 | 1 | 230 | 600 mg |
| 7518 | Gold Kist® | Fully Cooked Boneless, Skinless, Whole Grain Breaded Chicken Breast Chunks With Rib Meat | 4.75 oz | 91-113 | 2.25 | 1 | 270 | 710 mg |
| 7527 | Gold Kist® | NEW Fully Cooked Boneless, Skinless, Whole Grain Breaded Chicken Breast Strips | 4.50 oz | Average 107 | 2 | 1 | 230 | 460 mg |
| DARK MEAT PRODUCTS | | | | | | | | |
| 110458 | Gold Kist® | Fully Cooked Whole Grain Large Popcorn Style Dark Chicken Breaded Popcorn Shaped Dark Chicken Patty | 4.30 oz | 104 | 2 | 1 | 240 | 580 mg |
| 7526 | Gold Kist® | NEW Fully Cooked Whole Grain Breaded Chicken Dark Meat Chunks | 4.00 oz | 120 | 2 | 1 | 230 | 440 mg |
| NATURAL PROPORTION PRODUCTS | | | | | | | | |
| 615300 | Gold Kist® | Fully Cooked Whole Grain Home-Style Breaded Chicken Nuggets Nugget Shaped Chicken Patties | 3.04 oz | 156 | 2 | 1 | 190 | 380 mg |
| 625300 | Gold Kist® | Fully Cooked Whole Grain Home-Style Breaded Chicken Strip Shaped Chicken Patties | 3.06 oz | 156 | 2 | 1 | 190 | 370 mg |
| 665400 | Gold Kist® | Fully Cooked Whole Grain Home-Style Breaded Chicken Patties | 3.05 oz | 156 | 2 | 1 | 190 | 380 mg |
| 110452 | Gold Kist® | Fully Cooked Whole Grain Large Popcorn Style Chicken Breaded Popcorn Shaped Chicken Patties | 4.30 oz | 104 | 2 | 1 | 270 | 630 mg |
| UNBREADED CHICKEN PRODUCTS | | | | | | | | |
| 1230 | Gold Kist® | Fully Cooked Diced ½" White and Dark Chicken Meat | 2.47 oz | 194 | 2 | 0 | 90 | 290 mg |
| 1250 | Gold Kist® | Fully Cooked Fajita Chicken Strips, Boneless, Skinless, Chicken Breast With Rib Meat and Dark Meat Smoke Flavor Added | 2.47 oz | 194 | 2 | 0 | 110 | 670 mg |



Serving Suggestion

SKU 110458



Serving Suggestion

SKU 625300



Serving Suggestion

SKU 7516

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NUTRITION THAT SATISFIES

FOR... nutritionally focused cafeteria operators
that want to satisfy everyone they serve.

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THAT... can menu in multiple ways to
serve hungry crowds fast and
bring smiles to their faces.

BECAUSE... Gold Kist products are
developed to satisfy the
pickiest eaters while
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