



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

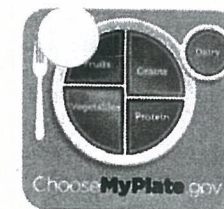
(last updated, 07-30-12)

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**100117 – CHICKEN, FAJITA STRIPS, FULLY COOKED, FROZEN, IQF, 30 LB**

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Chicken fajita strips can be served in tortillas, taco shells, or pita bread. Top with refried beans, onions, or peppers. Fajita strips can be offered on a salad bar, served over Spanish rice, or in a tortilla with chopped tomatoes.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.</li> <li>• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



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**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Frozen, fully cooked, dark chicken fajita strips, produced from ready-to-cook boneless, skinless drumsticks, thighs, and/or legs. The commodity will be packaged 5 or 10 pounds (2.27 or 4.54 kg) per plastic-film bag to a net weight of 30 pounds (13.61 kg) in each fiberboard shipping container</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb or 3/10 lb bags per case.</li> <li>One 30 lb case AP yields 30 lb cooked chicken fajita strips and provides about 266.4 1.8-oz servings chicken fajita strips.</li> <li>One lb AP yields 1 lb cooked chicken fajita strips and provides about 8.88 1.8-oz servings chicken fajita strips.</li> <li>CN Crediting: 1.8 oz chicken fajita strips provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store chicken fajita strips frozen at 0°F or below in original shipping case off the floor. Refrigerate leftover chicken fajita strips covered and labeled in a dated nonmetallic container and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Place frozen chicken fajita strips in a single layer on sheet pans. Heat to an internal temperature of 165 °F for at least 15 seconds as measured by a thermometer. Times and temperatures are critical to product quality. In a deck oven heat 25-30 minutes at 350°F and in a convection oven heat 15-20 minutes at 400 °F.</li> </ul>

Chicken fajita strips, cooked

	1 oz (28 g)
Calories	39
Protein	5.6 g
Carbohydrate	0.3 g
Dietary Fiber	0 g
Sugars	0.1 g
Total Fat	1.7 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	23.2 mg
Iron	0.306 mg
Calcium	20 mg
Sodium	162 mg
Magnesium	6 mg
Potassium	80 mg
Vitamin A	200 IU
Vitamin A	0 RAE
Vitamin C	4.8 mg
Vitamin E	.06 mg