



## Individually Wrapped Chicken Breast Filets in FoodWise™ Packaging

Chicken Breast Filets Get an Upgrade.



*Now our chicken breast filets come individually wrapped in our new FoodWise Packaging. This new packaging makes it easy to thaw the exact amount you need, helps with moisture retention, eliminates freezer burn, and minimizes food-safety hazards associated with cross-contamination. Additionally, the new cases require considerably less freezer space than their tray-packed counterparts.*

### Why Serve Tyson® Individually Wrapped Chicken Breast Filets in FoodWise™ Packaging?

#### Convenience

- Our new packaging allows you to thaw only what you need—no more thawing out an entire tray
- They open easily—simply pull the red cord on the package
- Smaller cases take up less of your valuable freezer space

#### Food Safety

- Individually packed to minimize food-safety concerns associated with the handling of raw products

#### Inventory Control

- Guaranteed 48-piece count

#### Versatility

- Ready for your signature touch, whether it's marinating, breading, grilling, or topping with sauce

#### Operator Tested\*

- 89% of operators indicated a strong purchase interest in using the package
- 88% of operator respondents felt the new packaging provided a good value

\*Source: In-Operation Test, COGNITIO, June 2003

### Menuing Ideas

#### Balsamic Chicken & Sweet Pepper Melt

An Italian-style patty melt with a chicken breast filet, provolone cheese, roasted bell peppers, balsamic vinegar, garlic, and basil on focaccia bread.

#### Cha-Cha Chili Chicken

Melted mozzarella cheese and decadent tomato-chili sauce smothering pan-seared chicken breast filets. Served with brown rice and fresh cilantro sprigs.

**foodWise™**

Brought to you by the **Tyson** Foods Family



## Products, Specifications & Nutritional Information

Product Code	Description	Case Pack	Serving Size	Cal. (kcal)	Fat (g)	Chol. (mg)	Sod. (mg)	Carb. (g)	Prot. (g)
<b>BONELESS SKIN-ON CHICKEN BREASTS</b>									
210004	Boneless, Skin-On Chicken Breast Filet	48/4 oz	4 oz	190	9	80	40	0	21
210005	Boneless, Skin-On Chicken Breast Filet	48/5 oz	5 oz	240	15	100	50	0	27
210006	Boneless, Skin-On Chicken Breast Filet	48/6 oz	6 oz	290	18	120	55	0	32
220006	Boneless, Skin-On Whole Chicken Breast	48/6 oz	6 oz	290	18	120	55	0	32
220007	Boneless, Skin-On Whole Chicken Breast	48/7 oz	7 oz	350	22	85	85	0	36
220008	Boneless, Skin-On Whole Chicken Breast	48/8 oz	8 oz	400	26	100	95	0	41
220010	Boneless, Skin-On Whole Chicken Breast	48/10 oz	10 oz	490	32	125	120	0	52
<b>BONELESS SKINLESS CHICKEN BREASTS</b>									
310003	Boneless, Skinless Chicken Breast Filet	48/3 oz	3 oz	100	3	50	30	0	19
310004	Boneless, Skinless Chicken Breast Filet	48/4 oz	4 oz	140	4	65	40	0	25
310005	Boneless, Skinless Chicken Breast Filet	48/5 oz	5 oz	170	5	85	50	0	32
310006	Boneless, Skinless Chicken Breast Filet	48/6 oz	6 oz	210	6	100	55	0	38
320005	Boneless, Skinless Whole Chicken Breast	48/5 oz	5 oz	170	5	85	50	0	32
320006	Boneless, Skinless Whole Chicken Breast	48/6 oz	6 oz	210	6	100	55	0	38
320007	Boneless, Skinless Whole Chicken Breast	48/7 oz	7 oz	240	7	115	65	0	45
320008	Boneless, Skinless Whole Chicken Breast	48/8 oz	8 oz	280	8	135	75	0	51
320010	Boneless, Skinless Whole Chicken Breast	48/10 oz	10 oz	350	12	165	125	0	60
<b>MARINATED CHICKEN BREASTS</b>									
510004	Boneless, Skinless Marinated Chicken Breast Filet	48/4 oz	4 oz	120	4	55	430	0	21
510005	Boneless, Skinless Marinated Chicken Breast Filet	48/5 oz	5 oz	150	5	70	530	0	26
510006	Boneless, Skinless Marinated Chicken Breast Filet	48/6 oz	6 oz	180	6	85	640	0	31
510007	Boneless, Skinless Marinated Chicken Breast Filet	48/7 oz	7 oz	210	7	100	680	0	37
520007	Boneless, Skinless Marinated Whole Chicken Breast	48/7 oz	7 oz	210	7	100	680	0	37
520008	Boneless, Skinless Marinated Whole Chicken Breast	48/8 oz	8 oz	240	8	115	850	0	42

### Preparation

(from thawed)

Method	Temp.	Recommended Cook Time (min.)				
<b>Breast Filets</b>		<b>3 oz.</b>	<b>4 oz.</b>	<b>5 oz.</b>	<b>6 oz.</b>	<b>7 oz.</b>
Conventional Oven	350°F	22 to 27	23 to 28	25 to 30	35 to 40	35 to 40
Convection Oven	350°F	15 to 20	15 to 20	16 to 21	21 to 26	21 to 26
Flat Grill	350°F	11 to 16	13 to 18	15 to 20	15 to 20	26 to 31
Char Grill	Medium Flame	10 to 15	12 to 17	15 to 20	17 to 22	17 to 22
<b>Whole Breasts</b>		<b>5 oz.</b>	<b>6 oz.</b>	<b>7 oz.</b>	<b>8 &amp; 10 oz.</b>	
Conventional Oven	350°F	20 to 25	26 to 31	25 to 30	37 to 42	
Convection Oven	350°F	14 to 19	18 to 23	18 to 23	22 to 27	
Flat Grill	350°F	15 to 20	16 to 21	15 to 20	23 to 28	
Char Grill	Medium Flame	14 to 19	15 to 20	15 to 20	21 to 26	

Appliances vary; adjust accordingly. Heat to internal temperature of 165°F.  
Packaging is not intended to be heated.



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