

Foods Product Information Sheet

Whole Grain Breaded Pork Chop

NUTRITION FACTS

Serving size: 3oz

Amount Per Serving

Calories 300

Total Fat 18g

Saturated Fat 4g

Sodium 700mg

Source: Adapted from Approved Vendor Labels

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CN One 3 oz WG Breaded Pork Chop provides 1.00 Oz Equivalent Whole Grain and 2.00 Oz Equivalent Meat/Meat Alternate for the Child Nutrition Meal Pattern Requirements. **CN**

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