WAM

FOCUSED PROGRAMS • PROVEN RESULTS

COOKING INSTRUCTIONS:

Heat from frozen state.

Oven: Preheat oven to 400˚F, place frozen wings on a cooking sheet that has been sprayed with cooking spray. Heat for 15 to 20 minutes or until thoroughly heated.

Microwave: Place on microwave safe dish. Heat for 2 to 3 minutes on high until thoroughly heated.

Note: Appliances vary, all times are approximate, always cook to an internal temperature of 165˚ F.

Nutrition Facts

Serving Size 3 oz. (84g)
Servings Per Container about 37

Amount Per Serving			
Calories	190	Calories from Fat	120
			% Daily Value*
Total Fat	13g		20 %
Saturated Fat	3g		15 %
Trans Fat	0g		0 %
Cholesterol	45mg		15 %
Sodium	830mg		35 %
Total Carbohydrate	6g		2 %
Dietary Fiber	less than 1g		2 %
Sugar	0g		
Protein	12g		
Vitamin A	4 %	Vitamin C	4 %
Calcium	0%	Iron	4 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#72116

RENAISSANCE RMFS MAN FOOD SERVICE

MBE CERTIFIED

H.WALKER FOODS
HERSCHEL'S FAMOUS
34
ESTABLISHED 2003

Breaded Chicken Wing

حلال
HALAL

WAM
FOCUSED PROGRAMS • PROVEN RESULTS

COOKING INSTRUCTIONS:

Heat from frozen state.

Deep Fyer: Preheat deep fryer to 350˚F, place frozen wings in fryer basket. Cook for 4 - 1/2 to 5 minutes or until internal temperature of 165˚F.

Nutrition Facts

Serving Size 3 oz. (84g)
Servings Per Container about 34

Amount Per Serving			
Calories	140	Calories from Fat	70
			% Daily Value*
Total Fat	8g		12 %
Saturated Fat	2.5g		13 %
Trans Fat	0g		0 %
Cholesterol	75mg		25 %
Sodium	410mg		17 %
Total Carbohydrate	8g		3 %
Dietary Fiber	0g		0 %
Sugar	0g		
Protein	10g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	0 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Note: Appliances vary, all times are approximate, always cook to an internal temperature of 165˚ F.

#72124

RENAISSANCE MAN RMFS FOOD SERVICE

MBE CERTIFIED

H.WALKER FOODS
34

WAM
FOCUSED PROGRAMS • PROVEN RESULTS

COOKING INSTRUCTIONS:

Deep Fry: Fry at 350˚F for 4 - 6 minutes.

Oven: Pre-heat oven to 400˚F, place frozen wings on greased baking sheet and bake uncovered for 6 to 8 minutes or until thoroughly heated.

Microwave: Place on microwave safe dish. Heat for 2 - 3 minutes on high until thoroughly heated.

Note: Appliances vary, all times are approximate, always cook to an internal temperature of 165˚ F.

Nutrition Facts

Serving Size 3 oz. Edible Portion (84g)
Servings Per Container about 33

Amount Per Serving			
Calories	160	Calories from Fat	80
			% Daily Value*
Total Fat	9g		14 %
Saturated Fat	2.5g		13 %
Trans Fat	0g		0 %
Cholesterol	55mg		18 %
Sodium	440mg		18 %
Total carbohydrate	less than 1g		0 %
Dietary Fiber	0g		4 %
Sugar	0g		
Protein	16g		
Vitamin A	2 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#72119

RENAISSANCE RMFS MAN FOOD SERVICE

MBE CERTIFIED

WAM

FOCUSED PROGRAMS • PROVEN RESULTS

COOKING INSTRUCTIONS:

Cook from frozen.

OVEN: 40-50 minutes at 375˚F.

DEEP FRY: 6-8 minutes at 365˚F.

Nutrition Facts

Serving Size 1 fillet (122g/4oz)
Servings Per Container about 37

Amount Per Serving		
Calories	200	Calories from Fat 70
		% Daily Value*
Total Fat	8g	12 %
Saturated Fat	1.5g	8 %
Trans Fat	0g	0 %
Cholesterol	45g	15 %
Sodium	670mg	28 %
Total carbohydrate	16g	5 %
Dietary Fiber	less than 1g	4 %
Sugar	less than 1g	
Protein	16g	
Vitamin A	0 %	Vitamin C 0 %
Calcium	0 %	Iron 4 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Note: Appliances vary, all times are approximate, always cook to an internal temperature of 165˚ F.

#72123

RENAISSANCE RMFS MAN

MBE CERTIFIED

H.WALKER FOODS
HERSCHEL'S FAMOUS
34
ESTABLISHED 2001

Fully Cooked Homestyle Tenderloin

WAM
FOCUSED PROGRAMS • PROVEN RESULTS

COOKING INSTRUCTIONS:

This item is fully cooked and can be heated based on your preference.

Always heat to an internal temperature of 165° F.

Nutrition Facts

Serving Size 3 oz. (84g)
Servings Per Container about 106

Amount Per Serving			
Calories	180	Calories from Fat	60
			% Daily Value*
Total Fat	7g		11 %
Saturated Fat	1g		5 %
Trans Fat	0g		0 %
Cholesterol	35mg		12 %
Sodium	730mg		30 %
Total carbohydrate	13g		4 %
Dietary Fiber	0g		0 %
Sugar	0g		
Protein	15g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	2 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#72121

Note: Appliances vary, all times are approximate, always cook to an internal temperature of 165° F.

RENAISSANCE RMFS MAN

MBE

H.WALKER FOODS
LEGENDARY QUALITY
HERSCHEL'S FAMOUS
34
ESTABLISHED 2003

Fully Cooked Flat Breaded Tenderloin

WAM
FOCUSED PROGRAMS • PROVEN RESULTS

COOKING INSTRUCTIONS:

Heat from frozen state.

Fryer: Fry frozen tender at a temperature of 350˚F. for 3.5 minutes until an internal temperature of 165˚F is reached.

Oven: Pre-heat oven to 375˚F, place frozen strips in a single layer on baking sheet. Bake uncovered for 18 minutes or until an internal temperature of 165˚F is reached.

Let stand for 2 to 3 minutes before serving.

Note: Appliances vary, all times are approximate, always cook to an internal temperature of 165˚ F.

Nutrition Facts

Serving Size 1 tender (80g)
Servings Per Container about 57

Amount Per Serving			
Calories	150	Calories from Fat	25
			% Daily Value*
Total Fat	3g		4 %
Saturated Fat	0g		0 %
Trans Fat	0g		0 %
Cholesterol	25mg		8 %
Sodium	780mg		33 %
Total carbohydrate	19g		7 %
Dietary Fiber	1g		4 %
Sugar	0g		
Protein	12g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	6 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#72113

RENAISSANCE MAN RMFS FOOD SERVICE

MBE CERTIFIED

H.WALKER FOODS

HERSCHEL'S FAMOUS 34

Pre-sliced or Whole Sweet Southern Waffles

WAM

FOCUSED PROGRAMS • PROVEN RESULTS

Nutrition Facts

Serving Size 1 waffle (65g)
Servings Per Container 1

Amount Per Serving			
Calories	290	Calories from Fat	130
			% Daily Value*
Total Fat	14g		22 %
Saturated Fat	6g		30 %
Trans Fat	0g		0 %
Cholesterol	15mg		5 %
Sodium	160mg		7 %
Total carbohydrate	37g		12 %
Dietary Fiber	1g		4 %
Sugar	18g		
Protein	4g		
Vitamin A	10 %	Vitamin C	0 %
Calcium	0 %	Iron	8 %

*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

COOKING INSTRUCTIONS:

Sweet Southern Waffles are made with imported pearl sugar, real butter and contain no artificial ingredients or preservatives. Available in pre-sliced and whole.

Our pre-sliced waffles are perfect for pairing with our breaded tenders for your own creation of Waffles and Chicken.

Oven or Toaster Oven (Preferred Method): Preheat over to 350F. Place waffles on wire rack in oven for approximately 2½ - 3½ minutes. Individual oven temperatures may vary.

Toaster: Heat waffles on lowest setting until crisp and warm.

Microwave: Place waffles on a microwave-safe plate. Microwave on high for 15-25 seconds.

#72124

RENAISSANCE RMFS MAN FOOD SERVICE

MBE CERTIFIED

#72116

FC BREADED CHICKEN BREAST CHUNK FRITTER (BUFFALO)

- FULLY COOKED CHICKEN BREAST CHUNK FRITTER BUFFALO
- APPROXIMATE PIECE COUNT PER CASE: 140-180
- APPROXIMATE SERVINGS PER CASE: 53
- HEATING INSTRUCTIONS:
  - OVEN: 400F FOR 15 MINUTES
  - FRYER: 350F FOR 4 MINUTES

FC BREADED CHIKEN BREAST CHUNK FRITTER

- FULLY COOKED CHICKEN BREAST CHUNK FRITTER
- APPROXIMATE PIECE COUNT PER CASE: 140-180
- APPROXIMATE SERVINGS PER CASE: 53
- HEATING INSTRUCTIONS:
  - OVEN: 400F FOR 15 MINUTES
  - FRYER: 350F FOR 4 MINUTES

#72122

#72123

FC 3 oz BREADED CHICKEN BREAST FILLET

- FULLY COOKED CHICKEN BREAST FILLET
- APPROXIMATE PIECE COUNT PER CASE: 53-64
- INNER BAG WEIGHT: 5LBS
- HEATING INSTRUCTIONS:
  - OVEN: 400F FOR 15 MINUTES
  - FRYER: 350F FOR 4 MINUTES

Contact your Food Service Specialist for more information!

Renaissance Man Program List:

Description	Size	MGC #
REN MAN WAFFLE BUTTER VANILLA	48/ 1.5 oz	#72124
REN MAN FC BREAST FILLET 3 OZ	2/ 5 #	#72123
REN MAN FC BREADED BREAST CHUNK FRITTER	2/ 5 #	#72122
REN MAN FC FLAT BREAD TENDERLOIN FRITTER	2/ 5 #	#72121
REN MAN FC ROASTED WING	2/ 5 #	#72119
REN MAN FC BUFFALO GLAZED WING	2/ 5 #	#72116
REN MAN FC BONELESS BREADED FRITTER BUFFALO GLAZE	2/ 5 #	#72113
REN MAN BREADED WING RTC	2/ 5 #	#72112
TEXAS PETE HOT SAUCE DIPPING CUP	150/ 1 OZ	#67062
TEXAS PETE HONEY MUSTARD DIPPING CUP	150/ 1 OZ	#67063
TEXAS PETE MILD WING SAUCE DIPPING CUP	150/ 1 OZ	#67064
TEXAS PETE BBQ SAUCE DIPPING CUP	150/ 1 OZ	#67065
DRESSING RANCH DIPPING CUP TASTE PLEASER	100/ 1 OZ	#67103
MCCAIN INSUL WRAP SHEETS SILVER 10X14	500/ EA	#64098
CHAMPS SPLIT TOP BRIOCHE SANDWICH	8/ 12 CT	#77578

Equipment

If you already have a fryer, this produces the ultimate flavor, however, our products can also be baked in a pizza, convection or conventional oven. And, according to your style of warmer, shelf life can be up to 2 hours!

HERSCHEL'S FAMOUS 34

WAM
FOCUSED PROGRAMS • PROVEN RESULTS

Bone-In chicken wings are the #1 growing category in fast food and convenience. That's why you need THE WAM & RENAISSANCE MAN FOODS Famous 34 Chicken Program in your food service lineup. Sign up today and start growing your food service profits while also increasing incremental sales in your store.

Commit to one of the leading quality chicken brands in food service today!

HERSCHEL'S FAMOUS 34

Company Profile

Heisman Trophy winner Hershel Walker developed the Famous 34 brand in 2002. Herschel's commitment to becoming one of the all-time greats in sports is the same intensity he's brought to building one of the leading quality chicken brands in food service today focusing on high-quality and competitive pricing! Herschel has partnered with WAM and your wholesale distributor to help you grow profits in your food service sales.

Product Profile

This program offers the following products:

- Bone-In Wings
  (in three styles, roasted savory and buffalo glazed and breaded)
- Boneless Breaded Chicken Wings
- Breast Fillets
- Chicken Tenders

For all of our products, you can add Z-Spice Seasoning for that extra kick to your wings. We also offer a variety of sauces to complement your wing program. All of our products are NAE (no antibiotics ever) and NHA (no human antibodies) certified for better quality products for your customers.

WAM
FOCUSED PROGRAMS • PROVEN RESULTS

MERCHANTS GROCERY COMPANY
A COMPANY YOU CAN COUNT ON

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