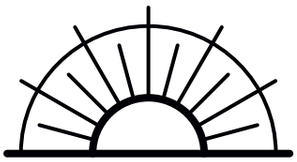
The Ubiquitous

Mountaire® Black Label Chicken Tenderloin Menu Profit Worksheet

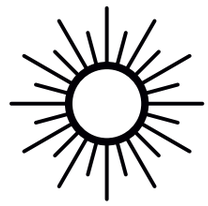
This tender and dynamic cut offers center-of-the-plate power across day parts and occasions from breakfast, to snacking, to lunch and dinner. Start your profit journey by filling out the indicated sections.



[The Opportunity: The Power of Breakfast]

Chicken and Waffles

7 oz. per serving	$1.00 each	
Average Menu Price	$17.00 entrée	
Protein Cost (6%)	$1.00	
Additional Food Cost (6%)	$1.05	
Profit Margin	88%	
Example Food Cost: waffles, breading, buttermilk, syrup, spices	Example Numbers	Your Numbers

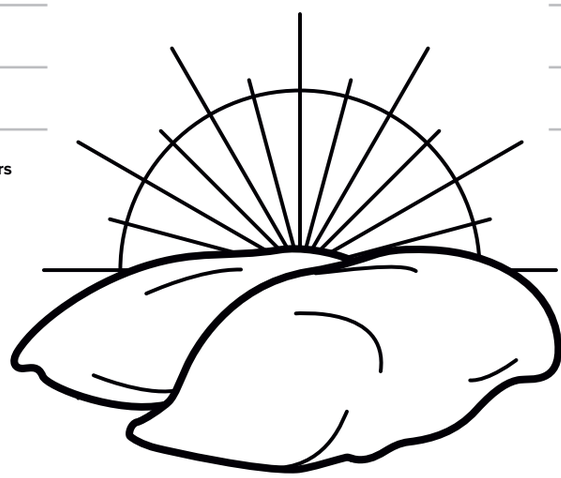


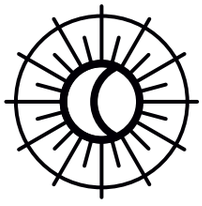
[The Opportunity: Lunch Rush]

Grilled Chicken Sandwich

7 oz. per serving	$1.00 each	
Average Menu Price	$12.00 entrée	
Protein Cost (8%)	$1.00	
Additional Food Cost (10%)	$1.16	
Profit Margin	82%	
Example Food Cost: bun, mayo, lettuce, cheese, seasoning	Example Numbers	Your Numbers

Average piece weight of Mountaire tenderloins is 3.5 oz.*

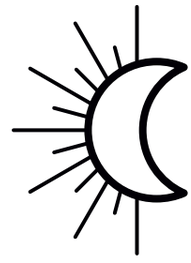




[The Opportunity: It's Snack o'clock]

Snack Wrap

3.5 oz. per serving	$0.50 each	
Average Menu Price	$9.00 snack	
Protein Cost (6%)	$0.50	
Additional Food Cost (10%)	$0.92	
Profit Margin	84%	
Example Food Cost: tortilla, sauce, lettuce, tomato, cheese	Example Numbers	Your Numbers



[The Opportunity: Dinnertime Anchors]

Chicken Piccata

7 oz. per serving	$1.00 each	
Average Menu Price	$22.00 entrée	
Protein Cost (5%)	$1.00	
Additional Food Cost (4%)	$0.82	
Profit Margin	91%	
Example Food Cost: flour, breadcrumbs, parmesan, egg, white wine, capers, butter, parsley	Example Numbers	Your Numbers

NOTE: These are examples of how the Mountaire® Black Label Chicken Tenderloins could be used back of house to deliver profitable dishes. This is based on a 3.5 oz. average piece weight of a tenderloin for $2.29 lb/$0.143 oz.* The actual costs and profitability will be different depending on the market, menu prices, and many other factors. All menu prices are an average of casual dining restaurant from Datassential Menu Trends.

Sources: SupplyTrack YE August 2025 for Average Price Per Pound; Datassential Menu Trends for average menu costs; numbers could vary slightly due to rounding.
SupplyTrack® is a registered trademark of Circana Inc.
*3.5 oz. is an average based on jumbo bird sizing. Piece weights are approximate and will vary due to bird weight ranges.
*Average Mountaire tenderloin price via SupplyTrack is $2.29/lb.
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