The Incredible

Jumbo Breast Menu Profit Worksheet

Find out how much menuing profit potential is packed into the versatile pre-trimmed Mountaire® Black Label Jumbo Chicken Breast by filling out the indicated sections.

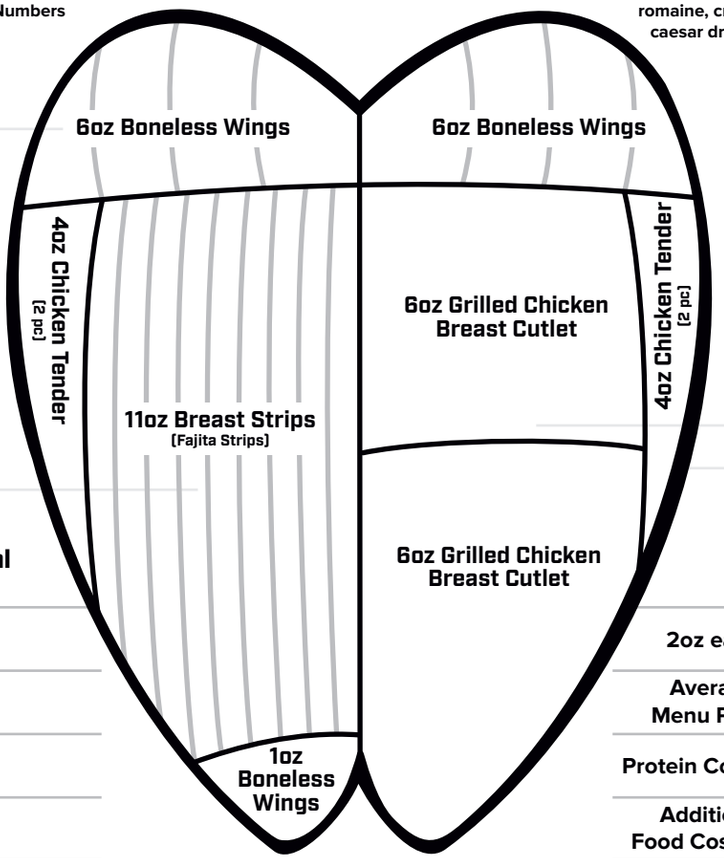
Boneless Wings - 13oz Total
(9 pieces)

1.5oz each	$0.26 per piece	
Average Menu Price[1]	$10.99 appetizer	
Protein Cost (21%)	$2.34	
Additional Food Cost (9%)	$0.99	
Profit Margin	68%	
Example Food Cost: flour, egg, salt, buffalo sauce, celery	Example Numbers	Your Numbers

Breast Cutlets - 12oz Total
(Two 6oz Portions)

6oz each	$1.02 each	
Average Menu Price[1]	$12.79 entrée	
Protein Cost (8%)	$1.02	
Additional Food Cost (22%)	$2.81	
Profit Margin	83%	
Example Food Cost: romaine, croutons, caesar dressing	Example Numbers	Your Numbers

12.75% average protein cost for the entire breast.



Breast Strips - 11oz Total
(9 pieces)

1.2oz each	$0.20 per piece	
Average Menu Price[1]	$14.99 fajita entrée	
Protein Cost (12%)	$1.87	
Additional Food Cost (18%)	$2.69	
Profit Margin	77%	
Example Food Cost: flour, egg, salt, buffalo sauce, celery	Example Numbers	Your Numbers

Tenders - 8oz Total
(4 pieces)

2oz each	$0.34 per piece	
Average Menu Price[1]	$12.95 appetizer	
Protein Cost (10%)	$1.36	
Additional Food Cost (20%)	$2.52	
Profit Margin	83%	
Example Food Cost: flour, egg, salt, honey mustard	Example Numbers	Your Numbers

NOTE: This is not a cost estimator. What is shown are examples of how this breast might be used back of house. This is based on a 44oz trimmed double lobe boneless breast sold for $2.76lb/$0.17oz. The actual costs and profitability will be different depending on the market, menu prices, and many other factors. All menu prices are an average for restaurants from Datassential Menu Trends.

Sources: SupplyTrack YE February 2025 for Average Price Per pound; Datassential Menu Trends for average menu costs; numbers could vary slightly due to rounding.
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