HIGH LINER FOODS
Changing the way we see food

Product Name:	Pier 17 Butter Crumb Cod Portions	**Code No.:**	02485
Manufacturer:	High Liner Foods	**Serving Size:**	5 oz

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) In Child Nutrition Programs

MEAT/MEAT ALTERNATE COMPONENT

DESCRIPTION OF CREDITABLEE MEAT INGREDIENTS PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLEMEAT INGREDIENT A	MULTIPLY	FBG YIELD B	CREDITABLE AMOUNT A X B
Fish, Cod	3.5	X	0.78	2.73
		X		
			TOTAL	2.5

ALTERNATE PROTEIN PRODUCT (APP)

DESCRIPTION OF APP MANUFACTURES NAME AND CODE NUMBER	OUNCES DRY PER APP PORTION C	MULTIPLY	% OF PROTEIN AS IS D	DIVIDE	CREDITABLE AMOUNT APP C X D / 18
N/A		X		18	N/A
		X			
				TOTAL CREDITABLE APP AMOUNT	N/A
				TOTAL CREDITABLE AMOUNT (MEAT + ALTERNATE ROUNDED DOWN TO NEARET 1/4 OZ)	2.5

Total weight (per portion) of product as purchased 5 oz

I certify that the above information is true and correct and that a 5 ounce serving of the above product (ready for serving) contains 2.5 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Product Formulation Statement for Documenting Grains

Signature	Cora O'rourke	**Tittle**	Sr. Regulatory Specialist
Printed Name	Cora O'Rourke	**Date**	1.16.2024

HIGH LINER FOODS
Changing the way we see food

Product Name:	Pier 17 Butter Crumb Cod Portions	**Code No.:**	02485
Manufacturer:	High Liner Foods	**Serving Size:**	5 oz

In Child Nutrition Programs
(Crediting Standards Based on Grams of Creditable Grains (ounce equivalent)

Does the product meet the whole grain-rich criteria? Choose an item.

Does the product contain non-creditable grains? Choose an item. How Many Grams: Click or tap here to enter text.

Indicate which Exhibit A group (A-I) the product belongs: Choose an item.

GRAIN COMPONENT

DESCRIPTION OF CREDITABLEE GRAIN INGREDIENT	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION A	GRAM STANDARD OF CREDITABLE GRAINS PER OZ EQ (16g or 28g) B	CREDITABLE AMOUNT A / B
		TOTAL	
		TOTAL CREDITABLE AMOUNT (Rounded down to nearest 1/4 oz)	

Total weight (per portion) of product as purchased Click or tap here to enter text.

I certify that the above information is true and correct and that a Click or tap here to enter text. ounce serving of the above product (ready for serving) contains Click or tap here to enter text. Oz eq grains.

I further certify that non-creditable grains are not above 0.24 oz eq or 3.99g per portion.

Signature	Cora O'rourke	**Tittle**	Sr. Regulatory Specialist
Printed Name	Cora O'Rourke	**Date**	1.16.2024

HIGH LINER FOODS

1 oz WG Fish & Star Shapes, CN

Bring fun to lunchtime with star and fish shaped nuggets as well as sandwich and entrée portions. Fortified with whole grains and soy protein, you can feel good about offering these nutritious oven baked Pollock portions. Final product is value added and packed in US.;

Product Last Saved Date: 09 November 2020

Nutrition Facts

40 Servings per container

Serving Size **4 nuggets**

Amount Per Serving

Calories **220**

	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 25 mg	**8%**
Sodium 770 mg	**33%**
Total Carbohydrates 21 g	**8%**
Dietary Fiber 2 g	**6%**
Total Sugars 1 g	
Includes 1 g Added Sugars	**1%**
Protein 13 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 1.8 mg	10%
Potassium 220 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
10020540	00079149205409	Wild

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	0 FAH / 0 FAH

Ingredients :

66.0% SEAFOOD MIX {52.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 8.9% WATER; 2.8% VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN); 1.5% SEASONING (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR)}; 34.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Entrees, Finger Foods, Kid-Friendly

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: 2M/1.5G

HIGH LINER FOODS

10020540 - 1/10 Lb Oven Ready \Whole Grain Breaded Fish & Star Shaped Fish Nuggets 1 oz, CN

CN Information

CN Statement	2M/1 5G
Suggested Bid	
Meat/Meat Alternative	0 64584 OZ X 4 X 0 78 = 2 00 OZ
WholeGrain Credit Calculation	0 2229 OZ PER NUGGET X 28 350 = 6 3192/16 = 0 395 x 4 NUGGETS = 1 579 OZ

Label Copy:

*Please note: label for bid proposes only per USDA Documents SP11v2 CACFP10SFSSP13 2015. Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.

HIGH LINER FOODSERVICE

SeaFit

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565149

EST # 049

Oven Ready Whole Grain Breaded Fish & Star Shaped Fish Nuggets 1 oz

Made with Vegetable Protein Product

10020540

3/4 OZ WHOLE GRAIN RICH

COOKING INSTRUCTIONS FROM FROZEN: [illegible]
CONVECTION OVEN: Preheat oven to 375°F (190°C).
CONVENTIONAL OVEN: Preheat oven to 425°F (220°C).
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F (74°C).

INGREDIENTS: 96% SEAFOOD MIX (POLLOCK [WITH WATER, SODIUM TRIPOLYPHOSPHATE TO RETAIN MOISTURE], WATER, VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, CARAMEL COLOR, CALCIUM CHLORIDE, NIACINAMIDE, FERRIC SULFATE, THIAMIN MONONITRATE, COPPER GLUCONATE, THIAMIN HYDROCHLORIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR, [WHEAT BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHITE FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION, VEGETABLE OIL (CANOLA OIL AND/OR SUNFLOWER OIL), PARTIALLY HYDROGENATED CANOLA OIL, COTTONSEED OIL AND/OR SOYBEAN OIL]. CONTAINS FISH (POLLOCK), WHEAT, SOY AND MILK.

NET WT 10 Lb (4.54 kg)

00079149205402

LOT #: 1234567890

10020540

MANUFACTURED BY HIGH LINER FOODS PORTSMOUTH NH 03801
FOR INQUIRIES CALL 1-855-855-3464
www.highlinerfoods.com

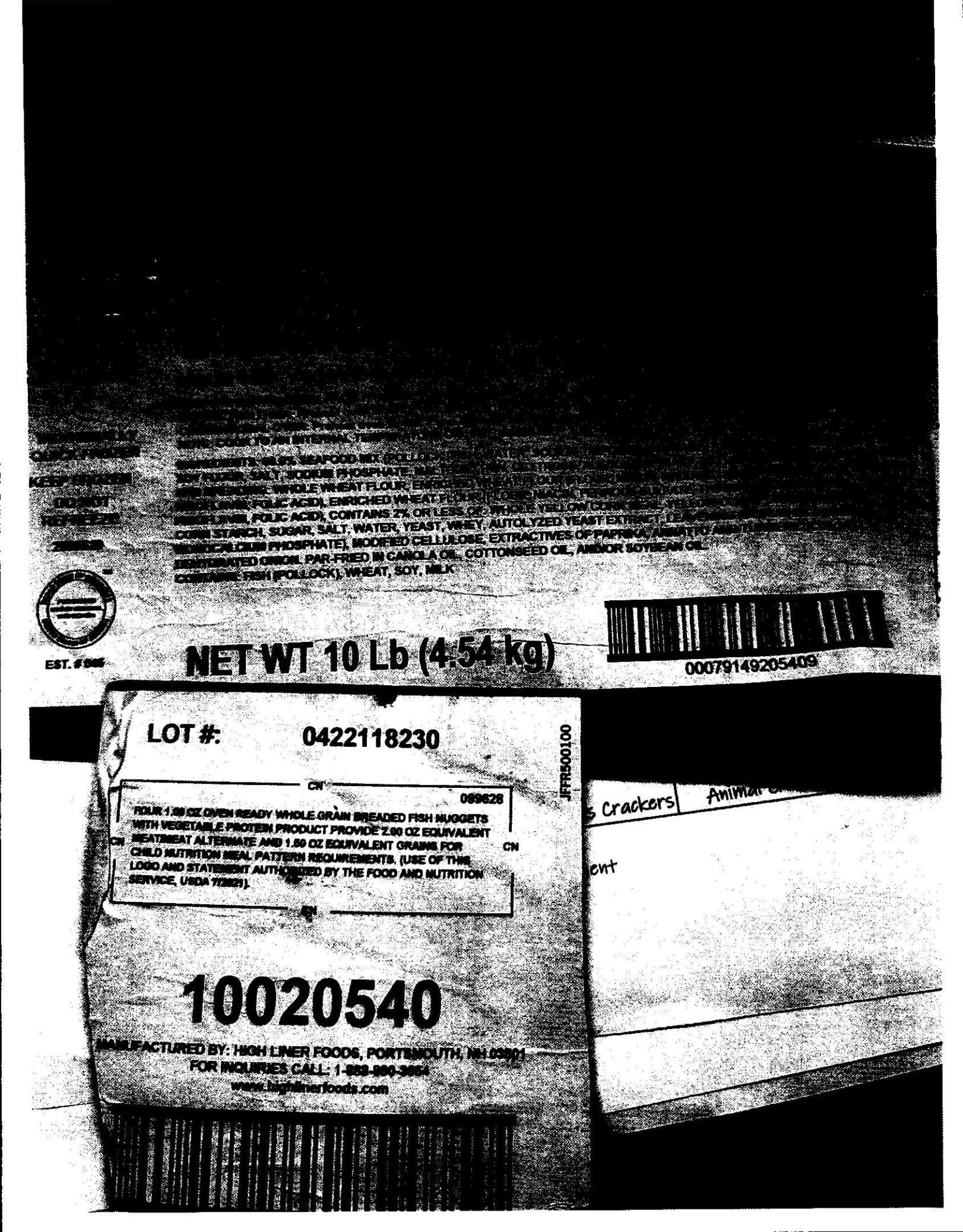
00079149205409

High Liner Bid Desk Contact and Specification Verification

CN # 099161 VV
exp 3/8/26

[illegible] Sales Operations Manager x11
PH: 603-818-5934
Ema[illegible]

Four = 2 oz m & 1.5 oz WG


NET WT 10 Lb (4.54 kg)
00079149205409
LOT #: 0422118230
CN
069628
FOUR 1.60 OZ OVEN READY WHOLE GRAIN BREADED FISH NUGGETS WITH VEGETABLE PROTEIN PRODUCT PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 7/2021).
JFPR500100
10020540
MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-880-3954
www.highlinerfoods.com
Crackers

Trident

TRIDENT SEAFOODS CORPORATION

301 Stimson Ave SW Seattle WA 98106-1009
(206) 783-3818 Fax (206) 783-7193

Product Name: Pollock Breaded Fish Nuggets
Brand: OCEAN TREASURES
Manufacturer: Trident Seafoods Corporation

Code No.: 421880
GTIN: 0 00 28029 21880 0
Serving Size: 4 pieces

I. Meat/Meat Alternate Component

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
Seafood, Frozen, Fish Portions	2.67	X	0.78	2.083
Total Creditable Amount (rounded down to the nearest quarter (0.25) serving)				2.00

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG yield Information

II. Alternate Protein Product (APP)

APP is not creditable for this product.

III. Grains/Breads Componenet

Please fill out the chart below to determine the creditable servings of Grains/Breads

Creditable Grain Ingredient *	Grams of Ingredient per Serving[1]	Divide	FBG Yield	Creditable Amount
WHOLE WHEAT FLOUR	19.00	÷	16	1.19
ENRICHED WHEAT FLOUR	6.45	÷	16	0.40
WHOLE GRAIN YELLOW CORN	0.11	÷	16	0.01
Totals	25.56	÷	16	1.60
Total Creditable Amount (rounded down to the nearest quarter (0.25) serving)				1.50

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
[1] (Serving Size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

Non-Creditable Grain Ingredient	Grams of Ingredient per Serving	Divide	Portion Size In Grams	% of Total Non-Creditable Grain per Portion[2]
YELLOW CORN FLOUR	0.85			
SOY FLOUR	0.05			
Totals	0.90	÷	113	0.80%

[2] Non-Creditable Grains must be below 2% of the total formula for the product's grain component to be creditable in school meal programs.

Total weight (per portion) of product as purchased: 4 pieces

Total creditable amount of product (per portion): 2.00 servings of equivalent meat and 1.50 servings of equivalent grains

**I certify that the above information is true and correct and that each 4.0 ounce serving of the above product contains 2.67 ounces of Alaska Pollock and contributes 2.00 servings of equivalent meat for Child Nutrition Programs. Each 4.0 oz. serving contains 25.56 grams of whole grains and enriched grain products and contributes 1.50 servings of equivalent grains for Child Nutrition Programs.

Signature

Daria Gerasimova
Printed Name

Sr. Manager, FSQA Regulatory Compliance
Title

1/23/2020
Date

206-297-4619
Phone Number

CRUNCHY OCEAN TREASURES BREADED POLLOCK FISH NUGGETS

TRIDENT CN **PIECE SIZE: UNSIZED** **ITEM # 421880**

EAN TREASURES WHOLE GRAIN, CRUNCHY BREADED WILD CAUGHT POLLOCK NUGGETS - FUN FISH SHAPES. CHILD NUTRITION PRODUCT.

AS PACKAGED:

Nutrition Facts

about 40 servings per container
Serving size 4 pieces (113 g/4 oz)

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 331mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Visit us @ www.TridentSeafoods.com
e-mail: Sales@TridentSeafoods.com
Phone: 206-783-3474

Date Code Format: Julian
Country of Origin: MADE IN THE USA FROM US AND IMPORTED INGREDIENTS

Method of Production:	Excluded - 7CFR60.105(b)	Coating % Target**:	32.96%
Case Pack:	1/10.00 LB	Portion Size Targe:**:	1 OZ
Case Net Wt.:	10.00 lb (4.54 kg)	** Plus or Minus variation natural to the production process	
Case Gross Wt.:	11.20 lb (5.08 kg)	Shelf Life:	24 Months FROZEN
Package UPC:		Inner (in)	
Case GTIN:	0 00 28029 21880 0	Master (in)	L 15.00 W 9.94 H 6.25
Case Cube (cu.ft.)	0.54	Pallet Ti/Hi:	12 / 7

redients

67.04% FISH (ALASKA POLLOCK AND COD) 32.96% BATTER AND BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE, WATER). CONTAINS FISH (ALASKA POLLOCK AND COD), WHEAT, SOY.

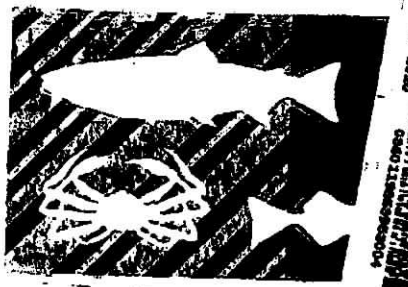
Handling and Preparation

KEEP FROZEN AT 0° F OR BELOW UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED – COOK FROM FROZEN.
Cooking Instructions:*
Conventional oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 18 to 20 minutes until crisp. Turn product halfway through bake time for best results.
Convection oven: Preheat to 375° F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.
Deep Fry: Heat oil to 350°F. Fry frozen product for 3 to 3½ minutes until product is golden brown.
Microwave cooking is not recommended.
* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

dgerasimova@TridentSeafoods.com
Manager, FSQA Regulatory
npliance
Printed Date: 01/23/2020

Nutritional information is calculated. Data is based on laboratory analysis, information from ingredient suppliers, and USDA Standard Reference values. This information is believed to be accurate, but no warranty is implied.

Trident SEAFOODS



421880

EST.NO. 391B

1 oz. Crunchy Ocean

Precooked Breaded Formed

expired

3 per serving

094605

Four precooked breaded fish nuggets (1.0 oz. each) provides 2.00 oz. equivalent meat and 1.50 oz equivalent grains for Child Nutrition Meal Pattern Requirements. [Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 04/2016].

Cooking Instructions:*
KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.
Conventional Oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 18 to 20 minutes until crisp. Turn product halfway through bake time for best results.
Convection Oven: Preheat to 375° F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.
Deep Fry: Heat oil to 350°F. Fry frozen product for 3 to 3½ minutes until product is golden brown.
Microwave cooking is not recommended.
* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165° F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

QUICK FROZEN - OVEN READY

NET WT. 10 LB. (4.54 kg)

INGREI
BATTE
OIL [S
[FLOU
RIBOFLAVIN,

KA POLLOCK AND COD) 32.96%
E WHEAT FLOUR, VEGETABLE
A], ENRICHED WHEAT FLOUR
FATE, THIAMINE MONONITRATE,
TAINS 2% OR LESS OF: YELLOW
CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE, WATER).
CONTAINS FISH (ALASKA POLLOCK AND COD), WHEAT, SOY.

CFN/FE# 3911241128 391B

11182017

0 00 28029 21880 0

TRIDENT SEAFOODS CORP. 5303 SHILSHOLE AVE. NW, SEATTLE, WA 98107

V6-129-08J 4/10 CS
LB
POLLOCK, BROD MGR 1 7 NUGT
Rt 4105
421880
MPN: TVCCA
Dr 16 PM#
9
Mor'l# 7317
GC932332

1/10 LB Oven Ready Whole Grain Breaded Cod, Made From Minced Fish, Sticks 1 oz, CN

Our Whole Grain Rich seafood solutions not only taste great, they also align with the USDA guidelines for whole grain. Final product is value added and packed in US.;

Product Last Saved Date: 06 March 2024

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size **4 Sticks (112g)**

Amount Per Serving

Calories **210**

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 30 mg	11%
Sodium 290 mg	13%
Total Carbohydrates 21 g	8%
Dietary Fiber 2 g	6%
Total Sugars 1 g	
Includes 1 g Added Sugars	%
Protein 15 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 1.5 mg	8%
Potassium 310 mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
55167	10070737551677	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

66.7% MINCED COD [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 33.3% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Bake At 375°F For 8-12 Minutes. CONVENTIONAL OVEN: Bake At 400°F For 12-15 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED MINCED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.25 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

CHILD NUTRITION PRODUCT FORMULATION SHEET

Product Name: Gorton's Crunchy Fish Sticks

Product Codes: 44400 1070 Size: 52 ct – 30.5 oz

Distributed by: Gorton's, Gloucester, MA 01930

List of Fish Variety Used in Product: Pollock (Minced)

Total Weight per Stick of Uncooked Product (as purchased): 0.59 oz per stick

Weight of Raw Fish per Portion: 0.29 oz raw fish per stick

Ounces Equivalent Meat:

0.59 oz precooked breaded fish stick x 50% raw fish = 0.29 oz raw fish/fillet x 75 % cooking yield = 0.21 oz equivalent meat per stick

5 sticks = 1.0 oz equivalent meat

You may obtain future copies of this sheet from our website:
https://www.gortons.com/child-nutrition-information

Jodi Blanch

Jodi Blanch
Quality Assurance Manager – Regulatory

Date: January 2, 2023

128 Rogers Street, Gloucester, MA 01930
978-283-3000

1/10 Lb Oven Ready Breaded Cod Sticks 1 oz, CN

High Liner Foodservice Breaded Cod Sticks are what all finger food should be. Coated with carefully seasoned batter, each oven-ready portion cooks in minutes to the perfect combination of delightfully crispy crunch and moist, flaky fish. A convenient, fun, easy-to-prepare option kids and adults will adore.;

Product Last Saved Date: 06 March 2024

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size **4 Sticks**

Amount Per Serving	
Calories	**240**
	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 30 mg	**11%**
Sodium 430 mg	**19%**
Total Carbohydrates 21 g	**8%**
Dietary Fiber 1 g	**2%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**%**
Protein 15 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 1.3 mg	8%
Potassium 260 mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
10021672	00079149216726	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

64.2% COD (FISH, WATER, SALT); 35.8% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, WATER, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Perfect as a fun entrée with a vegetable and starch side. Ideal for school lunch, as well as healthcare and senior living center dining.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY BREADED COD STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

HIGH LINER FOODS
Changing the way we see food

Product Name:	Oven Ready Breaded Pollock Sticks	Code No.:	06791
Manufacturer:	High Liner Foods	Serving Size:	4 – 1oz Sticks

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) In Child Nutrition Programs

MEAT/MEAT ALTERNATE COMPONENT

DESCRIPTION OF CREDITABLEE MEAT INGREDIENTS PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLEMEAT INGREDIENT A	MULTIPLY	FBG YIELD B	CREDITABLE AMOUNT A X B
Fish, Pollock	2.5644	X	0.78	2.0002
		X		
			TOTAL	2.0002

ALTERNATE PROTEIN PRODUCT (APP)

DESCRIPTION OF APP MANUFACTURES NAME AND CODE NUMBER	OUNCES DRY PER APP PORTION C	MULTIPLY	% OF PROTEIN AS IS D	DIVIDE	CREDITABLE AMOUNT APP C X D / 18
N/A		X		18	N/A
		X			
				TOTAL CREDITABLE APP AMOUNT	N/A
				TOTAL CREDITABLE AMOUNT (MEAT + ALTERNATE ROUNDED DOWN TO NEARET 1/4 OZ)	2.00

Total weight (per portion) of product as purchased 4 – 1 oz sticks

I certify that the above information is true and correct and that a 4 ounce serving of the above product (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Disclaimer: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.

Signature	Cora O'Rourke	Tittle	Regulatory Specialist
Printed Name	Cora O'Rourke	Date	09/11/2023

CHILD NUTRITION PRODUCT FORMULATION SHEET

Product Name: Gorton's Super Crunchy Fish Sticks

Product Codes: 44400 104900 Size: 64 ct – 60.8 oz (3.8 lbs)

Distributed by: Gorton's, Gloucester, MA 01930

List Varieties of Fish Used in Product: Alaska Pollock

Total Weight per Stick of Uncooked Product (as purchased): 0.95 oz per stick

Weight of Raw Fish per Portion: 0.47 oz raw fish per stick

Ounces Equivalent Meat:

0.95 oz precooked breaded fish stick x 49.8% raw fish = 0.47 oz raw fish/fillet x 78 % cooking yield = 0.37 oz equivalent meat

4 sticks = 1.25 oz equivalent meat
3 sticks = 1.0 oz equivalent meat

You may obtain future copies of this sheet from our website:
https://www.gortons.com/child-nutrition-information/

Jodi Blanch

Jodi Blanch
Quality Assurance Manager – Regulatory

Date: January 3, 2023

128 Rogers Street, Gloucester, MA 01930
978-283-3000

1/10 LB Battered Pollock Wedges, 3 oz, Kosher, CN

High Liner Foodservice Battered Alaska Pollock Wedges are a great choice for Child Nutrition applications and more. Here, premium wild caught Pollock are dipped in a signature seasoned, kid-friendly batter, and fry or bake from frozen to crunchy, tender flaky fish perfection in minutes. A highly versatile, easy to prepare option for a variety of battered fish applications.;

Product Last Saved Date: 15 March 2024

HIGH LINER FOODSERVICE™

Nutrition Facts

53 Servings per container

Serving Size **1 Portion (84g)**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 7 g	**10%**
Saturated Fat 1 g	**6%**
Trans Fat 0 g	
Cholesterol 20 mg	**7%**
Sodium 490 mg	**21%**
Total Carbohydrates 18 g	**7%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 8 g	
Vitamin D 0.7 mcg	4%
Calcium 0 mg	0%
Iron 0.6 mg	4%
Potassium 140 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
10022249	00079149222499	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Yes	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

48.0% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 52.0% BATTER AND BREADING: WATER, YELLOW CORN FLOUR, WHEAT FLOUR, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), IODIZED SALT, SPICES. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4 - 6 minutes. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16 -18 minutes. For best results, flip halfway through baking. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Ideal as a school lunch entrée or sandwich, or served as fish and chips paired with your fries and coleslaw, or your own complementary choices.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: ONE 3.00 OZ PARFRIED FISH PORTION PROVIDES 1.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.

CHILD NUTRITION PRODUCT FORMULATION SHEET

Product Name: Gorton's Crunchy Fish Sticks

Product Codes: 44400 1070 Size: 52 ct – 30.5 oz

Distributed by: Gorton's, Gloucester, MA 01930

List of Fish Variety Used in Product: Pollock (Minced)

Total Weight per Stick of Uncooked Product (as purchased): 0.56 oz per stick

Weight of Raw Fish per Portion: 0.28 oz raw fish per stick

Ounces Equivalent Meat:

0.56 oz precooked breaded fish stick x 50% raw fish = 0.28 oz raw fish/fillet x 75 % cooking yield = 0.21 oz equivalent meat per stick

5 sticks (2.8 oz) = **1.0 oz equivalent meat**

You may obtain future copies of this sheet from our website: Click here

Jodi Blanch

Jodi Blanch
Quality Assurance Manager – Regulatory

Date: January 2, 2024

128 Rogers Street, Gloucester, MA 01930
978-283-3000

Trident SEAFOODS

418304

BAJA FISH STICKS

LOT: A815021

1 oz Crunchy Breaded Fish Sticks

EST. NO. 391A

092029

Four precooked breaded fish sticks (1.0 oz. each) provides 2.00 oz. equivalent meat and 1.25 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 0[illegible])

Cooking Instructions*
KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.
Convection oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.
Conventional oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 16 to 18 minutes until crisp. Turn product halfway through bake time for best results.
Deep Fry: Heat oil to 350°F. Fry frozen product for 3 to 3½ minutes until product is golden brown.
Microwave cooking is not recommended.
* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully "browned" product. As with all fish, however, occasional bones may still be present.

QUICK FROZEN - OVEN READY

NET WT. 10 LB. (4.54 kg)

60% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], WHOLE WHITE CORN TORTILLA PIECES [WHOLE WHITE CORN FLOUR, VEGETABLE OIL (CORN, SOYBEAN AND/OR SUNFLOWER)], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR PROCESSED WITH LIME), SALT, WHEAT GLUTEN, YEAST EXTRACT, DRIED GARLIC, DRIED ONION, DRIED YEAST, GREEN JALAPENO PEPPER, MALTODEXTRIN, SPICES, SUGAR, PAPRIKA EXTRACT [COLOR], COCONUT OIL, CITRIC ACID, NATURAL FLAVORS, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, LACTIC ACID, CALCIUM LACTATE, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES).
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

CFN/FE# 3025165 391A

10262017

0 00 28029 18304 7

TRIDENT SEAFOODS CORP. 5303 SHILSHOLE AVE. NW, SEATTLE, WA 98107

4 fish sticks = 2.00 oz meat and 1.25 oz equivalent grain.

1-2 year olds: 2 fish sticks
3-5 year olds: 3 fish sticks
6-12 year olds: 4 fish sticks

Trident SEAFOODS

THE ULTIMATE FISH STICK™

OUR PERSONAL GUARANTEE

More Fish, Less Breading™— Our Ultimate Fish Sticks are made from whole fillets of Wild Alaska Pollock that are flash frozen for just-caught freshness. They are a shining example of Trident quality and we are proud to put our name on every package. While most brands add 50% breading to their products, we use just 35%, giving you more fish with every crispy bite! We're as serious about customer satisfaction as we are about seafood and would love to hear from you. Please drop us a line.

—Chuck and Joe Bundrant, Trident Seafoods
From our family to yours since 1973

ChucksFishSticks@TridentSeafoods.com

YOU'LL LOVE THEM!

- In fish tacos: wrapped in a tortilla with coleslaw
- With raw veggie sticks and dip
- With your favorite fries
- In a sandwich with tartar sauce

Cooking Instructions:* KEEP FROZEN UNTIL READY TO COOK.
Thawing is not recommended – cook from frozen

CONVENTIONAL OVEN
Preheat to 475°F. Place frozen fish sticks on lightly greased baking sheet, cook for 11 to 13 minutes until crisp. Turn product halfway through bake time for best results.

DEEP FRY
Heat oil to 350°F. Fry frozen fish sticks for 3 to 4 minutes until product is golden brown.

MICROWAVE OVEN
Cook 3 frozen fish sticks on high power for 1 ½ to 3 minutes.

*Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F.
We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

Nutrition Facts

About 21 servings per container
Serving size 3 pieces (85 g/3 oz)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 35mg	**12%**
Sodium 310mg	**13%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 236mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: WHOLE GRAIN YELLOW CORNMEAL, RANCH SEASONING [MALTODEXTRIN, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE & DISODIUM GUANYLATE, NATURAL FLAVOR, SPICE, PROCESSING ADDED] FOOD STARCH, BUTTERMILK, NATURAL FLAVOR, SODIUM STEARYL LACTYLATE, VITAL WHEAT GLUTEN, RICE FLOUR, YEAST, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CALCIUM PHOSPHATE], TAPIOCA STARCH, ENRICHED RICE [CRUMBLED], MALTED BARLEY FLOUR [MALTED BARLEY FLOUR, SALT], YEAST EXTRACT, SPICE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID).

CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

TRIDENT SEAFOODS CORPORATION
5303 Shilshole Ave NW, Seattle, WA 98107
TridentSeafoods.com

Certified Sustainable ALASKA POLLOCK

COCALA102

ALASKA SEAFOOD
Wild. Natural & Sustainable

CN
Four precooked breaded fish sticks (1.0 oz. each) provide 2.00 oz. equivalent meat and 1.25 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 08/2019.)
098290

U.S. GRADE A

Est. No. 381A

ITM. / ART. 816563

PROOF OF PURCHASE

0 28029 19644 3

Questions or Comments?
We'd love to hear from you! Please keep your packaging and contact our Consumer Affairs team: **Toll-free 1-866-413-4749** or by email at **ConsumerAffairs@TridentSeafoods.com**

Follow us:

PKG1278


H LINER FOODS
HIGH LINER FOODSERVICE
Oven Ready Whole Grain Golden Crunchy Breaded Pollock Sticks 1 oz
1089876
WHOLE GRAIN RICH
INDIVIDUALLY QUICK FROZEN
KEEP FROZEN
DO NOT REFREEZE
2565366
EST.# 002
COOKING INSTRUCTIONS FROM FROZEN:
TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.
INGREDIENTS: 64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT, MILK
NET WT 10 Lb (4.54 kg)
10035493898763
LOT#: 0221291270
JFFRS0010000
CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org
From an MSC certified sustainable fishery.
www.msc.org
MSC-C-50552
CN
099010
FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 7/2020).
1089876
MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
www.highlinerfoods.com
10035493898763
NEW BOX, SAME GREAT PROD

104

37918

American Pride SEAFOOD

3.6 oz. OVEN READY WHOLE GRAIN POLLOCK 'N CHEESE RECTANGLES

Contains 39.2% Fish

KEEP FROZEN

53954

INGREDIENTS: Pollock 39.2% Cheese 25% Pasteurized process American Cheese [cultured milk, water, cream, skim milk, sodium [illegible], salt, enzymes, vegetable color (annatto and paprika blend)] Breading & Batter 35.8% Water, whole wheat flour, enriched wheat [illegible] (niacin, iron, thiamin mononitrate, riboflavin, folic acid), tapioca dextrin, yeast, salt, sugar, onion powder, yeast extract, garlic powder, canola [illegible] garlic, natural flavors, dehydrated onion, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate). Partied [illegible] soybean oil.

CONTAINS: [illegible] flour, wheat, milk.

CONTAINS 9g WHOLE GRAIN PER 3.6 OZ SERVING.

COOKING INSTRUCTIONS: Cook from frozen state. Preheat oven to [illegible] an internal temperature of 165°F.

CONVENTIONAL OVEN: Bake at 400°F for 22-25 minutes.

[illegible] Bake at 375°F for 13-15 minutes.

CN

088691

One 3.60 oz. Oven Ready Whole Grain Pollock 'N Cheese Portion provides 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grain for Child Nutrition Meat Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09-13).

CN

CN

This product came from a fishery [illegible] independently certified that has been [illegible] for a well-managed to the MSC's standard for sustainability. www.msc.org

DOC #MML-[illegible]

737 53954 5

1

NET WEIGHT 20 LBS. (9.08Kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

Inspected Processed Under Federal Inspection

EST # 041

Nutrition Facts

Serving Size 1 Piece (101g)
Servings Per Container About 89

Amount Per Serving	
Calories 250	Calories from Fat 100
	%Daily Value*
Total Fat 11g	**17%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 60mg	**2[illegible]**
Sodium 500mg	**2[illegible]**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 14g	

Vitamin A 4% • Vitamin C 0%

Calcium 15% [illegible]

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

Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4