



1/18 LB Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles 3.6 oz, CN, MSC

High Liner Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles are quick and easy to prepare, and ensure a flavorful crunch in every bite. These kid-friendly seasoned, whole grain breaded portions come ready to bake from frozen to golden crunchy perfection in minutes, with the consistency and plate appeal you demand. Perfect for school menus and a variety of other Child Nutrition-approved applications.;

Product Last Saved Date: 06 March 2024



Nutrition Facts

80 Servings per container

Serving Size 1 Portion (101g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 7 g 9%

Saturated Fat 1 g 6%

Trans Fat 0 g

Cholesterol 45 mg 15%

Sodium 270 mg 12%

Total Carbohydrates 16 g 6%

Dietary Fiber 1 g 5%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 15 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 300 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
1089300	10035493893003	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
19.8 LBR	18 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	9.6969 INH	9.8937 INH	0.8715 FTQ	13x4	547 Days	-10 FAH / 0 FAH

Ingredients :

71.3% ALASKA POLLOCK; 28.7% 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: MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), 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: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a school lunch P.L.T. (Pollock, Lettuce, and Tomato) sandwich with fruit or your veggie of choice.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: Yes
CN Statement: ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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CN Information:

CN Statement : ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

Label Copy:

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



INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2564702



EST. 1902

**Oven Ready Whole Grain
Golden Crunchy Breaded
Alaska Pollock Rectangles
3.6 oz**

1089300



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CONTAINS: FISH (POLLOCK), WHEAT, MILK

NET WT 18 Lb (8.16 kg)



10035493893003

LOT#: 1234567890



From an MSC certified sustainable fishery.
www.msc.org
MSC-C-50552

CN 098772

CN ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 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 03/2020).

CN

1089300

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
www.highlinerfoods.com



10035493893003

High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12
PH: 603-818-5334
Email: dawn.enos@highlinerfoods.com

fresh-baked breads.



created for schools

NO Artificial Flavors
NO Artificial Colors
NO Artificial Preservatives
NO High Fructose Corn Syrup

K-12 Spec 30 ct. 4" Hamburger Bun, Sliced

Material Number: 95933380



INGREDIENT LABELING INFORMATION

WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, SESAME FLOUR, ENZYMES, ASCORBIC ACID, SOY LECITHIN

CONTAINS: WHEAT, SOY, SESAME

CLAIMS:

1 SERVING = 2 OZ EQ GRAIN

WHOLE GRAIN RICH

51% WHOLE GRAIN

16g OF WHOLE GRAINS PER SERVING

Nutrition Facts

30 Servings per container

Serving Size: 1 Bun (63 g / 2.2 oz)

Amount per serving

Calories 150

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	11%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0.6mcg	2%
Calcium 50mg	4%
Iron 1.7mg	10%
Potassium 110mg	2%

* 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.

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

Created: 10/19/2022
60504-020419
605-082522

The nutrition and ingredient information is accurate at the time of printing. This information is updated periodically. Please contact your Flowers representative if you have questions about this information.



Formula Statement for Documenting Grains in School Meals

Required Beginning SY 2013-2014

(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: K12SPEC 30CT 4" HAM SL Code No.: 95933380

Manufacturer: FLOWERS FOODS Serving Size 1 Bun (63 g/ 2.2 oz)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non- creditable grains: Yes X No How many grams: 0.33
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: B

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent ²	Creditable Amount
	A	B	A ÷ B
WHOLE GRAIN	16.83	16	↓
ENRICHED GRAIN	16.17	16	
			2.06
Total Creditable Amount ³			2.00

* Creditable grains are whole-grain meal/flour and enriched meal/flour.

¹ (Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 63 grams

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 2.2 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Tracy Barnes

Signature

QA Labeling Analyst

Title

Tracy Barnes

Printed Name

01/07/22

Date

cy.Barnes@flocorp.c

Phone Number