## Nutrition Facts

80 Servings per container

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>4 Sticks (112g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>210</td>
</tr>
</tbody>
</table>

| Amount Per Serving | Calories
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 8 g</td>
<td>% Daily Value* 11%</td>
</tr>
<tr>
<td>Saturated Fat 1.5 g</td>
<td>7%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 35 mg</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 330 mg</td>
<td>14%</td>
</tr>
<tr>
<td><strong>Total Carbohydrates</strong> 22 g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber 2 g</td>
<td>7%</td>
</tr>
<tr>
<td>Total Sugars 1 g</td>
<td></td>
</tr>
<tr>
<td>Includes 1 g Added Sugars</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Protein</strong> 12 g</td>
<td></td>
</tr>
</tbody>
</table>

* 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.

### Ingredients:

64.2% ALASKA POLLOCK; 35.8% 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), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, 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, ANNOTTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK.

### Allergens:

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

## Product Specifications:

- **Code**: 1089302
- **GTIN**: 10035493893027
- **Type Of Catch**: WILD
- **Brand**: High Liner Foodservice
- **GPC Description**: Fish - Prepared/Processed (Frozen)
- **Gross Weight**: 22 LBR
- **Net Weight**: 20 LBR
- **Country of Origin**: N/A
- **Kosher**: Undeclared
- **Gluten Free**: No

### Shipping Information:

<table>
<thead>
<tr>
<th>Length</th>
<th>Width</th>
<th>Height</th>
<th>Volume</th>
<th>TixHi</th>
<th>Shelf Life</th>
<th>Storage Temp From/To</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.8125 INH</td>
<td>9.8125 INH</td>
<td>12.125 INH</td>
<td>1.0887 FTQ</td>
<td>12x3</td>
<td>540 Days</td>
<td>-10 FAH / 0 FAH</td>
</tr>
</tbody>
</table>

## Claims & Child Nutrition:

- **BAP Certified**: Yes
- **MSC Certified**: Yes
- **Has CN Statement**: Yes
- **CN Statement**: FOUR 1.00 OZ OVEN READY WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

### Species & Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Prep & Cooking Suggestions:

**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.

### Serving Suggestions:

Ideal as an entrée with dipping sauce and fresh green beans for school lunch, healthcare or senior living center dining.

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### Images:

- Image 1: 210 11%
- Image 2: 7%
- Image 3: 11%
- Image 4: 14%
- Image 5: 8%
- Image 6: 7%
- Image 7: 0%
- Image 8: 22 LBR
- Image 9: 20 LBR
- Image 10: N/A
- Image 11: Undeclared
- Image 12: No
- Image 13: 1/20 LB Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Sticks 1 oz, CN, MSC
- Image 14: 4 Sticks (112g)
- Image 15: Product Last Saved Date: 06 March 2024
FOUR 1.00 OZ OVEN READY WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH STICKS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 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.

<table>
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<tr>
<th>Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Sticks 1 oz</th>
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<tr>
<td>CN Information:</td>
<td>LOT #: 1234567890</td>
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<td>CN Statement:</td>
<td>CN 1089302</td>
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High Liner Bid Desk Contact and Specification Verification:

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Email: dawn.enos@highlinerfoods.com