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 crunch 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)

<table>
<thead>
<tr>
<th>Calories</th>
<th>180</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>270 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>16 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
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<tr>
<td>Includes 0 g Added Sugars</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
</tr>
</tbody>
</table>

Vitamin D 1.3 mcg | 6%
Calcium 0 mg | 0%
Iron 1.1 mg | 6%
Potassium 300 mg | 6%

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, AUTOYZED 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:
Eggs - N
Milk - C
Soy - N
Fish - C
Wheat - C
Tree Nuts - N
Peanuts - N
Crustacean - N
Sesame - N

Species / Scientific Name:
Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:
BAP Certified: Yes
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.

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.
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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.

High Liner Bid Desk Contact and Specification Verification:

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