

Product Code Number	Product Description	Case Weight (lb)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (%DV)	CN Number (if applicable)	Meat/MA Credit	Veg Credit	Bread Svgs Credit
38118	OR Whole Grain Nacho Pollock Stick 1 oz CN American Pride (4 sticks)	20	4.00	4	80	210	90	43%	10	1.5	0	35	470	18	1	1	11	2	0	2	4	82863	2	0	0.25
53158	OR Whole Grain Breaded Pollock Sticks 1 oz CN American Pride (4 sticks)	20	4.00	4	80	170	35	21%	4	1.5	0	15	420	16	1	0	17	0	0	2	15	85705	2	0	1
53258	OR Whole Grain Pollock Rectangles 3.6 oz CN American Pride	20	3.60	1	88	220	80	36%	9	1	0	45	300	20	2	0	13	0	0	0	8	85704	2	0	1
53448	OR Potato Crunch Pollock Strip 1.3 oz CN American Pride (3 strips)	20	1.30	3	82	260	150	58%	16	1.5	0	35	180	14	1	0	12	0	0	0	2	85957	2	0	1
53958	OR Whole Grain Sweet Potato Pollock Stick 1 oz CN American Pride (4 sticks)	20	4.00	4	80	240	90	38%	10	1	0	50	370	23	1	6	14	8	0	0	4	85708	2	0	1
53978	OR Whole Grain Sweet Potato Pollock Nugget 1 oz CN American Pride (4 nuggets)	20	4.00	4	80	240	90	38%	10	1	0	50	370	23	1	6	14	8	0	0	4	85709	2	0	1
53998	OR Whole Grain Pollock and Cheese Rectangle 3.6 oz CN American Pride	20	3.60	1	88	250	100	40%	11	4	0	60	500	23	0	1	14	4	0	15	0	85753	2	0	1
73100	OR Reduced Fat Whole Grain Pollock Nugget 1 oz CN American Pride (4 nuggets)	20	4.00	4	80	200	60	30%	7	0.5	0	50	450	18	1	0	15	0	0	6	8	83732	2	0	1.5
74105	OR Fajita Glaze Pollock Portions 3.2 oz CN American Pride	13	3.20	1	65	90	30	33%	3.5	0	0	50	270	2	0	1	13	2	2	0	2	83517	2	0	0
1089865	OR Whole Grain Breaded Pollock Nuggets 1 oz Sea Shapes CN (4 nuggets)	20	4.00	1	80	240	80	33%	8	1.5	0	15	310	29	4	2	14	0	0	4	15	84246	2	0	1.5
1089870	OR Whole Grain Sweet Potato Crusted Pollock Fillet Shape 3.6 oz CN	18	3.60	1	80	200	60	30%	7	1	0	50	150	18	1	5	14	20	2	0	4	87096	2	0	0.5

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html
<http://www.highlinerfs.com/segment-solutions/k-12/products/>



1 oz. Nacho Breaded Alaska Pollock Stick

Product Code:

38118

Commodity

Brand:

American Pride Seafoods

Ingredient Statement:

Alaska Pollock 65%. Breeding 23%: Wheat flour, enriched bleached wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), tortilla chips [yellow whole corn, vegetable oil (corn, soybean and/or sunflower oil)], yellow corn flour, salt, spices, whey, tomato powder, sugar, yellow corn germ, yeast, onion powder, garlic powder, parsley, yeast extract, soybean oil, canola oil, paprika. **Batter 12%:** water, yellow corn flour, corn starch, salt, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, garlic powder, yeast extract, natural flavors. Precooked in canola and/or soybean oil. **Contains: Pollock, wheat, milk**

Cooking Instructions:

For best results: CONVECTION OVEN: Preheat to 400°F. Evenly space frozen sticks 1/2" to 3/4" apart directly on baking sheet coated with cooking spray. Bake 12-14 minutes with fan set on low. Cook to an internal temperature of 160°F. REGULAR OVEN: Preheat to 425°F. Evenly space frozen sticks 1/2" to 3/4" apart directly on baking sheet coated with cooking spray. Bake 16-18 minutes. Cook to an internal temperature of 160°F.

CN Statement:

Four 1.00 oz. Nacho Flavored Breaded Pollock Sticks provide 2.00 oz. equivalent meat and 0.25 serving of bread alternate for Child Nutrition Meal Pattern Requirements. **082863**

Total Weight of Uncooked Product:	1 oz.
Weight of Raw Fish:	0.65 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.29 oz.

Set-up Information

Weight Per Piece:	1 oz.		
Pack Size:	20 lbs.		
Case Pack Count:	320 pcs. Approx.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20	Gross: 22
Case Cube:	1.02		
UPC:	10028641381187		
TI x HI:	11 x 04		
Shelf Life:	18 Months Frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 4 Sticks (112g)
Servings Per Container 80

Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 470mg	20%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 11g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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
Saturated 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

Margaret Malkoski
Quality Assurance Manager

Processed in the USA



Oven Ready Whole Grain Breaded Pollock Sea Wonders
 Made From Minced Fish with Alternate Protein Product
 320 - 1.0 oz Sea Shapes

INDIVIDUALLY
 OUTPACK FROZEN
 KEEP FROZEN
 DO NOT
 REFREEZE



2556195
 #002
 CN

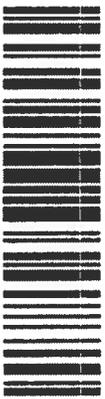
NET WT 20 Lb (9.07 kg)

1089865

COOKING INSTRUCTIONS
 For food safety and quality, please follow these cooking instructions. Do not refreeze. Please open packs at the bottom of the warm CONVECTION OVEN INSTRUCTIONS. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes. Note: Since appliances vary, these cooking instructions are only a guideline. Fish is fully cooked when it reaches an internal temperature of 165°F.

INGREDIENTS: RAW MATERIAL (MINCED ALASKA POLLOCK, WATER, ALTERNATE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, NATURAL FLAVOR, SEASONING BLEND (MALTODEXTRIN, MALT, YEAST EXTRACT, SUGAR, ONION POWDER, GUAR GUM, SPICE, NATURAL FLAVOR), 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, WATER, WHOLE GRAIN YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID, PREFRIED IN CANOLA, COTTOLENEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), SOY, WHEAT.

1089865



10035493898657



10035493898657

MANUFACTURED BY: HIGH LINER FOODS
 PORTSMOUTH, NH 03801
 FOR THROUTRIES CRL 1-888-860-3664

Copy not for use



HIGH LINER FOODS

(USA) INCORPORATED

One High Liner Avenue
 P.O. Box 839, Portsmouth, NH 03802-0839
 Tel: (603) - 431- 6865 Fax: (603) - 433 - 4397

1089865 1.0oz Oven Ready Whole Grain Breaded Alaska Pollock
Sea Wonders
CN / PUF1

INGREDIENTS:

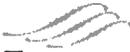
INGREDIENTS: 68.9% SEAFOOD RAW MATERIAL (MINCED ALASKA POLLOCK, WATER, ALTERNATE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, NATURAL FLAVOR, SEASONING BLEND (MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SUGAR, ONION POWDER, GUAR GUM, SPICE, NATURAL FLAVOR)); 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, WATER, WHOLE GRAIN YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), SOY, WHEAT

	<u>Hash</u>	<u>Batter</u>	<u>Water</u>	<u>Oil</u>	<u>Breader</u>	<u>Total</u>
Before Pre-Fry:	68.9%	4.9%	8.6%	0.0%	17.6%	100%
After Pre-Fry	66.9%	4.9%	4.0%	6.6%	17.6%	100%

Additional Data:

1.00oz Oven Ready Whole Grain Precooked Breaded Formed Fish Shapes breaded formed with minced fish & APP.

		<u>% in hash</u>
Minced Fish		37.76 %
Water		37.36 %
APP (Soy Protein Concentrate)		12.44 %
Cracker Meal		9.95 %
Spice Blend		<u>2.49 %</u>
		100.00%
Before Pre-Fry:		
Minced Fish	.260oz	26.0 %
Water	.257oz	25.7 %
APP (Soy Protein Concentrate)	.086oz	8.6 %
Cracker Meal	.069oz	6.9 %
Spice	.017oz	<u>1.7 %</u>
Hash Mixture subtotal		68.9%



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Batter	.012oz	1.2 %
Breading	.072oz	7.2 %
Batter	.037oz	3.7 %
Breading	.104oz	10.4 %
Water from Batter	<u>.086oz</u>	<u>8.6 %</u>
Coating subtotal		<u>31.1%</u>
	1.000oz	100.0 %

Meat /Meat Alternate Component Calculations:

$$\frac{(\% \text{ Protein in APP})}{(18\% \text{ min Protein})} = \frac{64.8\%}{18} = 3.6 \text{ total parts Hydrated product}$$

Total Parts Hydrated Product – 1 part APP = 3.6 - 1 = 2.6 parts liquid for full hydration

8.6% APP in product x 2.6 parts liquid for full hydration = 22.36% liquid allowed for hydration

1oz x 0.3776 % fish x 0.689 hash x 0.75 Yield Factor = 0.1951oz raw fish / 1oz fish shape

1oz x 0.1244 APP x 0.689 x 3.6 total parts hydrated product x 100% Yield Factor = 0.3086oz Equivalent Meat /Meat Alternate per 1oz fish shape

0.1951oz Raw Fish/Portion + 0.3086oz equivalent meat/meat alternate = 0.5037 Equivalent Meat /Meat Alternate per 1oz fish shape

$$\frac{0.5037 \text{ oz Equivalent Meat/Meat Alternate}}{\times 4 \text{ Number of Portions}} = 2.015 \text{ oz Equivalent Meat/Meat alternate}$$

Meat Component: 2 oz is Declared

Bread / Bread Alternate Component Calculations:

Additional Data:

Breader in hash:	6.90 %	total dry breading ingredients
	<u>96.69 %</u>	enriched flour in breading
	6.6716 %	dry breading that is enriched flour

Batter #1:	1.20 %	total dry batter ingredients
	0.0%	whole grains
	<u>0.0 %</u>	enriched flours
	0.0 %	dry batter that is whole grain/enriched flours

Breader #1:	7.20 %	total dry breading ingredients
	<u>81.28 %</u>	whole grains
	5.8521 %	dry breading that is whole grains (3.3055% whole wheat flour & 2.5466% whole grain yellow corn meal)


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Batter #2:	3.69 %	total dry batter ingredients
	40.83 %	enriched flour in batter
	<u>9.65 %</u>	whole grains (whole wheat flour)
	1.5066%	dry batter that is enriched flour
	0.3561 %	dry batter that is whole grains

Breader #2:	10.40 %	total dry breading ingredients
	<u>94.17 %</u>	whole grains (whole wheat flour)
	9.7937 %	dry breading that is whole grains

Total: 6.6716% (hash breading) + 0.00% (dry batter) + 5.8521% (breading) + 1.8627% (dry batter) + 9.7937% (breading) = 24.1801% enriched flour + whole grain

24.1801% whole grain and enriched flour > 8.6000 % water added to the batter

WHOLE GRAIN CREDIT CALCULATION:

16.0019% Whole Grains / 24.1801% Total Grain Component = 66.1780% Whole Grains

4 x 1.00oz Sea Wonders x 0.241801 (% creditable grains from batter + breader) = 0.9672 oz creditable grains / 4 x 1oz Sea Wonders

0.9672 oz Creditable grains/4 Sea Wonders x 28.35g/oz = 1.7138oz equivalent whole grains/4 nuggets
16.0g/oz equivalent whole grains

Declare: 1.50oz Equivalent Grains per 4 x 1oz Sea Shapes

Kathy Gilmore
Kathy Gilmore, Quality Engineer

Date: 8/13/13



1 High Liner Avenue
 Portsmouth, NH 03801
 Tel: (603)- 431- 6865 Fax: (603) 430-9205

4/5 Lb Viking 1.0 oz Oven Ready Whole Grain Breaded Sea Wonders

Item # 1089865

Nutrition Facts	
Serving Size 4 Pieces (112g)	
Servings Per Container 80	
Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 310mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 14g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
*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
Saturated 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	

Kathy Gilmore

Kathy Gilmore
 High Liner Foods – Regulatory
 08/13/13

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE



EST # 116



OVEN READY SWEET POTATO
WHOLE GRAIN BREADED POLLOCK
3.6 OZ CUSTOMIZED FILLET PORTIONS

CN

087896
ONE 3.6 OZ. PREFRIED BREADED FISH PORTION PROVIDES 2.00
OZ. EQUIVALENT MEAT AND 0.49 OZ. EQUIVALENT GRAINS FOR
CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS CN
LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND
NUTRITION SERVICE, USDA #4-13)

CN

NET WT 18 Lb (8.16 kg)

LOT 0033143110

LOT NUMBER:

1089870

COOKING INSTRUCTIONS:

Place frozen fish in a single layer on a shallow baking pan.
CONVECTION OVEN: Preheat oven to 375F. Bake portions for 18-23 minutes.
CONVENTIONAL OVEN: Preheat oven to 450F. Bake portions for 25-30 minutes.
Since appliances vary, these cooking instructions are only a guideline.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

Ingredients: 71.36% ALASKA POLLOCK; 28.70, BATTER AND BREADING: WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE), RIBOFLAVIN, FOLIC ACID), DEHYDRATED SWEET POTATOES (SWEET POTATOES, SUGAR, CARAMEL COLOR), PYROPHOSPHATE, TETRASODIUM PYROPHOSPHATE), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CORN STARCH, SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, CARROT POWDER, YEAST, SALT, NATURAL FLAVORS, LEAVENING (SODIUM BICARBONATE, CALCIUM ACID PYROPHOSPHATE), WHEAT FLOUR, GUM ARABIC, EXTRACTIVES OF PAPRIKA (COLOR), MALTODEXTRIN, XANTHAN GUM, ARTIFICIAL FLAVOR, EGGS, PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT, MILK, EGGS

(#0 - 3.6 oz)

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03811
FOR INQUIRIES CALL: 1-888-860-3664



1 00 35493 89870 1



0033143110



MHL-C-1301

THIS PRODUCT COMES FROM A FISHERY THAT HAS BEEN INDEPENDENTLY CERTIFIED TO THE MSC'S STANDARD FOR A WELL-MANAGED AND SUSTAINABLE FISHERY. (WWW.MSC.ORG)



1089870



1 00 35493 89870 1

3143 □

HIGH LINER FOODS™

NUTRITION FACTS:

Nutrition Facts	
Serving Size 1 piece (101g)	
Servings Per Container 80	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 150mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 14g	
Vitamin A 20%	• Vitamin C 2%
Calcium 0%	• Iron 4%
*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
Saturated 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	



Date: 8/30/2013
 Arnold Wu, QA Manager
 Viking Seafoods LLC
 High Liner Foods



1 oz. Oven Ready Whole Grain Breaded Alaska Pollock Sticks



Product Code:
53158
Commodity

Brand:
American Pride Seafoods

Ingredient Statement:

Alaska Pollock 64.2%. Breading & Batter 35.8%: Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), tapioca dextrin, yeast, salt, sugar, onion powder, yeast extract, garlic powder, dehydrated garlic, natural flavors, dehydrated onion, leavening (sodium acid pyrophosphate, sodium bicarbonate). Parfried in canola and/or soybean oil. **Contains: Pollock, wheat.**

Cooking Instructions:

Cook from frozen state. Cook to an internal temperature of 145°F.
Convection Oven: Bake at 375°F for approximately 10 minutes.
Regular Oven: Bake at 400°F for approximately 15 minutes.

CN Statement:

Four 1.00 oz. Oven Ready Whole Grain Breaded Alaska Pollock Sticks provide 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements.
085705

Total Weight of Uncooked Product:	1 oz.
Weight of Raw Fish:	0.642 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.218 oz.

Set-up Information

Weight Per Piece:	1 oz.		
Pack Size:	20 lb. bulk		
Case Pack Count:	320 approx.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20 lb.	Gross: 22 lb.
Case Cube:	1.045		
UPC:	10070737531587		
TI x HI:	11 x 04		
Shelf Life:	18 months frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 4 nuggets (113.4g)

Amount Per Serving

Calories 170 **Calories from Fat 35**

% Daily Value*

Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 17g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 15%

* 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
Saturated 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

Processed in the USA

Margaret Malkoski
 Quality Assurance Manager



3.6 oz. Oven Ready Whole Grain Breaded Alaska Pollock Rectangles



Product Code:
53258
Commodity

Brand:
American Pride Seafoods

Ingredient Statement:

Alaska Pollock 71.3%. Breeding & Batter 28.7%: Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), tapioca dextrin, yeast, salt, sugar, onion powder, yeast extract, garlic powder, dehydrated garlic, natural flavors, dehydrated onion, leavening (sodium acid pyrophosphate, sodium bicarbonate). Parfried in canola and/or soybean oil. **Contains: Pollock, wheat.**

Cooking Instructions:

Cook from frozen state. Cook to an internal temperature of 145°F.
Convection Oven: Bake at 375°F for approximately 18 minutes.
Regular Oven: Bake at 400°F for approximately 25 minutes.

CN Statement:

One 3.6 oz. Oven Ready Whole Grain Breaded Alaska Pollock Rectangle provides 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. 085704

Total Weight of Uncooked Product:	3.60 oz.
Weight of Raw Fish:	2.567 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.702 oz.

Set-up Information

Weight Per Piece:	3.6 oz.		
Pack Size:	20 lb. bulk		
Case Pack Count:	Approx. 88 pcs.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20 lb.	Gross: 22 lb.
Case Cube:	1.045		
UPC:	10070737532584		
TI x HI:	11 x 04		
Shelf Life:	18 months frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 1 Piece (102g)
Servings Per Container About 88

Amount Per Serving

Calories 220 **Calories from Fat** 80

%Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 300mg **13%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 13g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

* 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 2,000

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

Margaret Malkoski

Quality Assurance Manager

Processed in the **USA**



1.3 oz. Whole Grain Potato Crunch Alaska Pollock FishFries



Product Code:

53448

Commodity

Brand:

American Pride Seafoods

Ingredient Statement:

Alaska Pollock 65.8%. Batter & Breading 34.2%: water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), dehydrated potatoes (potatoes, mono and diglycerides, dextrose), dry potato mix (potatoes, corn starch, guar gum, salt, methylcellulose), salt, tapioca starch, leavening (sodium bicarbonate, sodium aluminum phosphate), dextrose, yeast, sugar, canola oil, spice extractive. Parfried in canola and/or soybean oil. **Contains: Pollock, wheat.**

Cooking Instructions:

Cook from frozen state. Cook to an internal temperature of 145°F.
Convection Oven: Bake at 375°F for approximately 10 minutes.
Regular Oven: Bake at 400°F for approximately 18 minutes.

CN Statement:

Three 1.30 oz. Whole Grain Potato Crunch Pollock Fishfries provide 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. 085957

Total Weight of Uncooked Product:	1.3 oz.
Weight of Raw Fish:	0.855 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.253 oz.

Set-up Information

Weight Per Piece:	1.3 oz.		
Pack Size:	20 lb. bulk		
Case Pack Count:	246 approx.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20 lb.	Gross: 22 lb.
Case Cube:	1.045		
UPC:	10070737534489		
TI x HI:	11 x 04		
Shelf Life:	18 months frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 3 Pieces (109g)
 Servings Per Container About 82

Amount Per Serving

Calories 260 Calories from Fat 150

%Daily Value*

Total Fat 16g 25%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 180mg 8%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 4%

Sugars 0g

Protein 12g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* 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	370g
Dietary Fiber		25g	30g

Calories per gram
 Fat 9 • Carbohydrate 4 • Protein 4

Margaret Malkoski

Quality Assurance Manager

Processed in the USA



1 oz. Oven Ready Whole Grain Crunchy Sweet Potato Alaska Pollock Sticks



Product Code:
53958
Commodity

Brand:
American Pride Seafoods

Ingredient Statement:

Alaska Pollock 64.2%. Breeding & Batter 35.8%: Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), dehydrated sweet potatoes (sweet potatoes, sugar, sodium acid pyrophosphate, tetrasodium pyrophosphate), sugar, modified corn starch, salt, whole grain yellow corn flour, tapioca dextrin, yeast, onion powder, yeast extract, dehydrated garlic, garlic powder, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), canola oil, natural flavor. Parfried in canola and/or soybean oil. **Contains: Pollock, wheat.**

Cooking Instructions:

Cook from frozen state. Cook to an internal temperature of 145°F.
Convection Oven: Bake at 375°F for approximately 10 minutes.
Regular Oven: Bake at 400°F for approximately 15 minutes.

CN Statement:

Four 1.00 oz. Oven Ready Crunchy Sweet Potato Pollock Sticks provide 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. **085708**

Total Weight of Uncooked Product:	1.00 oz.
Weight of Raw Fish:	0.642 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.268 oz.

Set-up Information

Weight Per Piece:	1 oz.		
Pack Size:	20 lb. bulk		
Case Pack Count:	320 approx.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20 lb.	Gross: 22 lb.
Case Cube:	1.045		
UPC:	10070737539583		
TL x HI:	11 x 04		
Shelf Life:	18 months frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 4 Sticks (112g)
Servings Per Container 80

Amount Per Serving

Calories 240 **Calories from Fat** 90

% Daily Value*

Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 370mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 6g	

Protein 14g

Vitamin A 8% Vitamin C 0%
Calcium 0% Iron 4%

* Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

Margaret Malkoski

Quality Assurance Manager



1 oz. Oven Ready Whole Grain Crunchy Sweet Potato Alaska Pollock Nuggets



Product Code:
53978
Commodity

Brand:
American Pride Seafoods

Ingredient Statement:

Alaska Pollock 64.2%. Breading & Batter 35.8%: Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), dehydrated sweet potatoes (sweet potatoes, sugar, sodium acid pyrophosphate, tetrasodium pyrophosphate), sugar, modified corn starch, salt, whole grain yellow corn flour, tapioca dextrin, yeast, onion powder, yeast extract, dehydrated garlic, garlic powder, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), canola oil, natural flavor. Parfried in canola and/or soybean oil. **Contains: Pollock, wheat.**

Cooking Instructions:

Cook from frozen state. Cook to an internal temperature of 145°F.
Convection Oven: Bake at 375°F for approximately 10 minutes.
Regular Oven: Bake at 400°F for approximately 15 minutes.

CN Statement:

Four 1.00 oz. Oven Ready Crunchy Sweet Potato Pollock Nuggets provide 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. **085709**

Total Weight of Uncooked Product:	1.00 oz.
Weight of Raw Fish:	0.642 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.268 oz.

Set-up Information

Weight Per Piece:	1 oz.		
Pack Size:	20 lb. bulk		
Case Pack Count:	320 approx.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20 lb.	Gross: 22 lb.
Case Cube:	1.045		
UPC:	10070737539781		
TL x HL:	11 x 04		
Shelf Life:	18 months frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 4 Nuggets (112g)
 Servings Per Container 80

Amount Per Serving	
Calories 240 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 370mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 14g	
Vitamin A 8%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

Processed in the USA

Margaret Malkoski
 Director of R&D and Quality Assurance



3.6 oz. Oven Ready Whole Grain Pollock N' Cheese Rectangles



Product Code:
53998
Commodity

Brand:
American Pride Seafoods

Ingredient Statement:

Pollock 39.2%. Cheese 25%: Pasteurized process American cheese [Cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), water, cream, sodium citrate, sodium phosphate, salt, soy lecithin, extractive of paprika and annatto, sorbic acid (as a preservative)]. **Breading & Batter 35.8%:** Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), tapioca dextrin, yeast, salt, sugar, onion powder, yeast extract, garlic powder, dehydrated garlic, natural flavors, dehydrated onion, leavening (sodium acid pyrophosphate, sodium bicarbonate). Parfried in canola and/or soybean oil. **Contains: Pollock, Wheat, Milk, Soy.**

Cooking Instructions:

Cook from frozen state. Cook to an internal temperature of 145°F.
Conventional Oven: Bake at 400°F for 22-25 minutes.
Convection Oven: Bake at 375°F for 14-16 minutes.

CN Statement:

One 3.6 oz. Oven Ready Whole Grain Pollock N' Cheese Rectangle provides 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. **085753**

Total Weight of Uncooked Product:	3.60 oz.
Weight of Raw Fish:	2.567 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.702 oz.

Set-up Information

Weight Per Piece:	3.6 oz.		
Pack Size:	20 lb. bulk		
Case Pack Count:	Approx. 89 pcs.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net:	20 lb.	Gross: 22 lb.
Case Cube:	1.045		
UPC:	10070737539989		
TI x HI:	11 x 04		
Shelf Life:	18 months frozen		
Wild Caught/Farmed?	Wild Caught		

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	20%
Sodium 500mg	21%
Total Carbohydrate 29g	8%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 14g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%

* 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

Margaret Malkoski

Quality Assurance Manager

Processed in the **USA**



1 oz. Reduced Fat Whole Grain Alaska Pollock Nugget

Product Code:

73100

Commodity

Brand:

Midship™ Brand

Ingredient Statement:

Alaska Pollock, sodium tripolyphosphate (to retain moisture) 65%. BREADING 23%: Whole grain wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), distilled vinegar, salt, malted barley flour, Pollock protein, yeast, sodium bicarbonate, canola oil, spice extractive. BATTER 12%: Water, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched yellow corn flour (corn flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), corn starch, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, onion powder, caramel color, spice extractives, extractives of paprika and annatto. Precooked in canola and/or soybean oil. **Contains: Pollock, Wheat.**

Cooking Instructions:

REGULAR OVEN: Place frozen nuggets on a baking sheet in preheated 425°F oven for 15-20 mins. CONVECTION OVEN: Place frozen nuggets on a baking sheet in preheated 375°F oven for approx. 15 mins. Cook to an internal temp. of 145°F.

CN Statement:

Four 1.00 oz. Precooked Reduced Fat Whole Grain Alaska Pollock Nuggets provide 2.00 oz. equivalent meat and 1.50 servings of bread alternate for Child Nutrition Pattern Requirements. **083732**

Total Weight of Uncooked Product:	1 oz.
Weight of Raw Fish:	0.65 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	0.27 oz.

Set-up Information

Weight Per Piece:	1 oz.		
Pack Size:	20 lbs.		
Case Pack Count:	320 pcs. Approx.		
Case Dimensions:	14 in. x 12 in. x 10.75 in.		
Weight:	Net: 20	Gross: 22	
Case Cube:	1.02		
UPC:	10028641731005		
TI x HI:	11 x 04		
Shelf Life:	18 Months Frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 4 Nuggets (112g)
Servings Per Container 80

Amount Per Serving		% Daily Value*	
Calories 200	Calories from Fat 60		
		Total Fat 7g 11%	
		Saturated Fat 0.5g 3%	
		Trans Fat 0g	
		Polyunsaturated Fat 2.5g	
		Monounsaturated Fat 4g	
Cholesterol 50mg 17%			
Sodium 450 mg 19%			
Total Carbohydrate 18g 6%			
Dietary Fiber 1g 4%			
Sugars 0g			
Protein 15g			
Vitamin A 0% • Vitamin C 0%			
Calcium 6% • Iron 8%			

*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
Saturated 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

Processed in the USA

Margaret Malkoski
Quality Assurance Manager



3.2 oz. Fajita Glazed Alaska Pollock

Product Code:

74105

Commodity

Brand:

Midship™ Brand

Ingredient Statement:

Pollock 81.00%. Glaze 19.00% Water, canola oil, Pollock protein, sugar, dehydrated vegetables (garlic and onion, red bell pepper, parsley), salt, maltodextrin, corn starch, spices, cellulose gel, lime juice powder (corn syrup solids, lime juice solids, natural flavor), citric acid, xanthan gum, cellulose gum, yeast extract, oleoresin paprika*

*Natural grill flavor. **Contains: Pollock**

Cooking Instructions:

REGULAR OVEN: Preheat oven to 425°F. Spray tray with cooking oil. Do not cook on parchment paper. Bake uncovered for 15-17 mins. or until internal temperature is 160°F. CONVECTION OVEN: Preheat oven to 375°F. Spray tray with cooking oil. Do not cook on parchment paper. Bake uncovered for 14-15 mins. or until internal temperature is 160°F.

CN Statement:

One 3.2 oz. Glazed Pollock Portion provides 2.00 oz. equivalent meat for Child Nutrition Meal Pattern Requirements. 083517

Total Weight of Uncooked Product:	3.2 oz.
Weight of Raw Fish:	2.6 oz.
Weight of Meat Alternate (cheese):	N/A
Weight of Bread Alternate:	N/A

Set-up Information

Weight Per Piece:	3.2 oz.		
Pack Size:	13 lbs.		
Case Pack Count:	65 pcs. Approx.		
Case Dimensions:	16 in. x 6 in. x 6 in.		
Weight:	Net:	13	Gross: 14.30
Case Cube:	0.44		
UPC:	10028641741059		
TI x HI:	14 x 8		
Shelf Life:	18 Months Frozen		
Wild Caught/Farmed?	Wild Caught		

Nutrition Facts

Serving Size 1 Piece (90g)
Servings Per Container 65

Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 270mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	

Protein 13g
Vitamin A 2% • Vitamin C 2%
Calcium 0% • Iron 2%

*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
Saturated 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

Processed in the USA

Margaret Malkoski
Quality Assurance Manager