



School Year 20-21
Nutritional Information



Product Code Number	Product Description	Case Weight (lbs)	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	Whole Grain Nacho Pollock Stick 1 oz CN (4 sticks)	20	4	4	80	230	90	11%	10	1	0	50	300	19	2	0	15	4	0	0	6	092941	2	N/A	1
53448	Potato Crunch Pollock Strip 1.3 oz CN (3 strips)	20	3.9	3	82	260	144	11%	16	1.5	0	35	180	14	1	0	12	0	0	0	2	085957	2	N/A	1
53998	Whole Grain Pollock and Cheese Rectangle 3.6 oz CN	20	3.6	1	89	250	99	11%	11	4	0	60	500	23	0	1	14	4	0	15	0	088692	2	N/A	1
1089300	Golden Crunchy Breaded Pollock Rectangles 3.6 oz CN	18	3.6	1	80	190	63	11%	7	1	0	50	250	16	1	1	14	0	0	2	6	087427	2	N/A	1
1089301	Golden Crunchy Breaded Pollock Nuggets 1 oz CN (4 nuggets)	20	4	4	80	230	81	11%	9	1.5	0	50	320	23	2	1	15	0	0	2	8	087428	2	N/A	1.5
1089302	Whole Grain Breaded Pollock Stick 1 oz CN (4 sticks)	20	4	4	80	230	81	11%	9	1.5	0	50	320	23	2	1	15	0	0	2	8	087429	2	N/A	1.5
1089308	Unbreaded Southwest Glazed Pollock Fillet	10	3.6	1	44	80	27	11%	3	1	0	0	300	0	0	0	12	0	0	0	0	097883	2.25	N/A	0
1089865	WG Breaded Pollock Nugget 1 oz Sea Shapes CN (4 nuggets)	20	4	4	80	240	72	11%	8	1.5	0	15	310	29	4	2	14	0	0	4	15	084296	2	N/A	1.5
06533C	Whole Grain Potato Crunch Pollock Fillet Shape 3.6 oz CN	10.35	3.6	1	46	160	54	11%	6	1	0	50	300	13	0.6	0	14	0	6	0	4	085717	2	N/A	0.5
06551C	Whole Grain Potato Crunch Pollock Nuggets 1 oz CN	10	4	4	40	290	126	11%	14	3	0	65	370	21	0	0	15	0	10	0	4	085712	2	N/A	0.75

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html
[High Liner Foods](#)

3.6 oz WG Potato Crunch AK Pollock Fillets, CN

Coated with real potato sticks, Potato Crunch provides a uniquely great tasting and exciting line of items. Portion controlled, easy to prepare and CN approved, it is ideal for schools and healthcare.



Nutrition Facts

46 Servings per container
Serving Size 1 Portion

Amount Per Serving
Calories 210

% Daily Value*

Total Fat	11 g	17%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	

Cholesterol	50 mg	17%
Sodium	240 mg	10%

Total	13 g	4%
Dietary Fiber	1 g	4%
Total Sugars	0 g	
Includes	g Added Sugars	%

Protein	14 g	
Vitamin D	mg	%
Calcium	mg	0%
Iron	mg	4%
Potassium	mg	%

*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	Pack	Type Of Catch
06533C	10074638065332	1 X 10.35	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.2 LBR	10.35 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.7 INH	7.9 INH	8.7 INH	1079.1	15x5	547 Days	-15 FAH / -14 FAH

Ingredients:

71.50% ALASKA POLLOCK; 28.5% BATTER ANBREADING: POTATOES, CANOLA OIL, YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CORN STARCH, SUGAR, WHEY, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVOR, YEAST. PREFRIED IN CANOLA, COTTONSEED 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	

Prep & Cooking Suggestions:

CONVECTION OVEN: PREHEAT OVEN TO 400 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. BAKE FOR 12-14 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 450 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. HEAT FOR 14-16 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165

Serving Suggestions:

school lunch programs, elderly feeding programs

Species / Scientific Name:

Alaska Pollock

Claims & Child Nutrition:

BAP Certified : No
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/5G



CN Information :

CN Statement : 2M/5G

Suggested Bid : Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock with a Whole Grain Compliant Crunchy Potato Stick Coating. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : 3.6000 oz. Portion GIVES 2.5740 oz. INPUT WT x 0.78 YIELD = 2.0077 oz. ACTUAL EQUIVALENT MEAT. Total Meat/Meat Alternate per Serving of 1 Portion YIELD 2.0077 oz. Actual Total M/MA. Per Serving... Declare = 2.00 oz

WholeGrain Credit Calculation : 4.194% Whole Grain/7.853% Total Grain Component = 53.406% Whole Grain 3.6000 oz. Portion x 0.0785 (% creditable grains) = 0.2827 oz. 0.2827 oz creditable grains x 28.35g/oz = 8.0148g 'Oz equivalent grains'/Portion = 8.0148g/16g = 0.5009 oz eq grains Per Serving... Actual = 0.5009 oz eq grains

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 Foods
Whole Grain Oven Ready 06533C
Potato Crunch
Alaska Pollock Portions
3.6 oz

INDIVIDUALLY QUICK FROZEN
 KEEP FROZEN
 DO NOT REFREEZE
 256952
 EST. # 002

COOKING INSTRUCTIONS: Cook from frozen state.
 CONVECTION OVEN: Preheat oven to 400°F. Bake for 12-14 minutes.
 CONVENTIONAL OVEN: Preheat oven to 400°F. Bake for 14-16 minutes.
 NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: ALASKA POLLOCK FILLET, COATING (2.5% WATER, POTATOS POTATOES, VEGETABLE OIL/CANOLA OIL, COTTONSEED, AND/OR SOYBEAN), WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN, CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, CONTAINS LESS THAN 2% OF YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, CORN STARCH, SUGAR, WHEAT, YEAST, LEAVENING POWDER, BAKING SODA, SODIUM ALUMINUM PHOSPHATE, NATURAL FLAVOR. PANFRIED IN CANOLA OIL, COTTONSEED AND/OR SOYBEAN OIL.
 CONTAINS: FISH, POLLOCK, WHEAT, MILK

NET WT 10.35 Lb (4.70 kg)

LOT#: CN 094857
 One 3.6 oz. Whole Grain Potato Crunch Portion
 Provides 2.00 oz. creditable meat and 0.50 oz. equivalent
 CN grain for Child Nutrition Meal Pattern Requirements. (2M/5G)
 If this label and statement submitted by the Food and
 Nutrition Service (USDA/FSN) for
 Administration, CN
 Sustainable Fishery
 www.fsc.org
 MSC-C-5052

06533C
 MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
 FOR REQUIRES CALL: 1-888-958-3634
 www.highlinerfoods.com

High Liner Bid Desk Contact and Specification Verification



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

Potato Breaded Whole Grain Pollock Nugget CN 1

Coated with real potato sticks, Potato Crunch provides a uniquely great tasting and exciting line of items. Portion controlled, easy to prepare and CN approved, it is ideal for schools and healthcare.



Nutrition Facts

40 Servings per container
Serving Size 4 pieces

Amount Per Serving
Calories 280

		% Daily Value*
Total Fat	16 g	25%
Saturated Fat	3 g	14%
Trans Fat	0 g	

Cholesterol 55 mg **18%**
Sodium 420 mg **18%**

Total	20 g	7%
Dietary Fiber	2 g	6%
Total Sugars	0 g	
Includes	g Added Sugars	%

Protein	15 g	
Vitamin D	mg	%
Calcium	mg	0%
Iron	mg	6%
Potassium	mg	%

*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	Pack	Type Of Catch
06551C	20074638065513	1 X 10 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.8 LBR	10.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.9 INH	8.1 INH	8.7 INH	1120.5	15x5	547 Days	-15 FAH / -14 FAH

Ingredients:

INGREDIENTS: ALASKA POLLOCK 64.5%. COATING 35.5%: WATER, POTATOES [POTATOES, VEGETABLE OIL (CANOLA, CORN, COTTONSEED, AND/OR SOYBEAN)], WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF: YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, CORN STARCH, SUGAR, WHEY, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVOR. PARFRIED IN CANOLA, COTTONSEED 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	

Prep & Cooking Suggestions:

Cook from frozen state. CONVECTION OVEN: Preheat oven to 385F. Bake for 8-12 minutes. CONVENTIONAL OVEN: Preheat oven to 400F. Bake for 15-20 minutes. DEEP FRY: Fry for 3-5 minutes at 350F or until golden brown. Drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

Species / Scientific Name:

Serving Suggestions:

School lunches. Serve with your favorite dipping sauce.

Claims & Child Nutrition:

BAP Certified :
 MSC Certified :
 Has CN Statement : Yes
 CN Statement : Four 1.00 oz. Whole Grain Potato



CN Information :

CN Statement : Four 1.00 oz. Whole Grain Potato Crunch Pollock Nuggets provide 2.00 oz. equivalent meat and 0.50 oz. equivalent grain

Suggested Bid :

Meat/Meat Alternative :

PRODUCT	RAW INPUT WT x	YIELD =	ACTUAL	DECLARED	1 oz Nugget
0.6335 oz	.78	0.4941oz	DryWholeEgg	0.0015 oz	4.00 =
0.0060oz (Total Meat/Meat Alternate = 0.5001 oz/nugget)			Per Serving = 4 x 1 oz nugget = 2.004	oz Declare: 2.000oz	

WholeGrain Credit Calculation : 5.748% Whole Grain / 10.623% Total Grain Component = 54.109% Whole Grain 4 x 1.0oz nuggets x 0.10623 (% creditable grains from batter+ breading) = 0.4025 oz 0.4025 oz creditable grains per 4 x 1oz nuggets x 28.35g/oz = 12.047g "Oz equivalent grains"/4 nuggets = 12.047g /16.0g = 0.7529 oz equivalent grains Declare: 0.75 oz Equivalent Grains per 4 x 1 oz Nuggets

Label Copy

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



**Whole Grain Oven
Ready Potato Crunch
Alaska Pollock Nuggets
1.0 oz**

06551C



LOT#: XXXXXXXXXX

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN
DO NOT
REFREEZE

2560655



EST. # 002

COOKING INSTRUCTIONS: Cook from frozen state.
CONVECTION OVEN: Preheat oven to 385°F. Bake for 8-12 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F. Bake for 15-20 minutes. DEEP FRY: Fry for 3-5 minutes at 350°F or until golden brown. Drain and serve.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: ALASKA POLLOCK 64.5%, COATING 35.5%: WATER, POTATOES [POTATOES, VEGETABLE OIL (CANOLA, CORN, COTTONSEED, AND/OR SOYBEAN)], WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF: YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, CORN STARCH, SUGAR, WHEY, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVOR. PARFRIED IN CANOLA, COTTONSEED AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT, MILK

NET WT 10 Lb (4.54 kg)



10035493065516

CN 094862
Four 1.00 oz. Whole Grain Potato Crunch Pollock Nuggets provide 2.00 oz. equivalent meat and 0.50 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06/2016)
CN



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

06551C

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



10035493065516

High Liner Bid Desk Contact and Specification Verification

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

Whole Grain Breaded Nacho Stick

Fully prepared and ready to bake, the kids specialty line proves to be a continuous favorite. All options are great offered with your favorite dipping sauce or for fish tacos.



Nutrition Facts

40 Servings per container
Serving Size 4 Sticks

Amount Per Serving
Calories 230

		% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	

Cholesterol	50 mg	17%
Sodium	350 mg	15%

Total	22 g	7%
Dietary Fiber	2 g	8%
Total Sugars	0 g	
Includes	g Added Sugars	%

Protein	15 g	
Vitamin D	mg	%
Calcium	mg	2%
Iron	mg	6%
Potassium	mg	%

*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	Pack	Type Of Catch
38118	10028641381187	1 X 20 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
23.8 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
14 INH	12 INH	10.5 INH	1 FTQ	11x4	547 Days	-15 FAH / -14 FAH

Ingredients:

65% ALASKA POLLOCK; 35% BATTER AND BREADER: WHOLE WHEAT FLOUR, WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TORTILLA CHIPS (CORN, VEGETABLE OIL (CONTAINS CORN AND/OR SOYBEAN AND/OR SUNFLOWER OIL)), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WATER, CORN STARCH, SALT, SPICES, SUGAR, GARLIC POWDER, YEAST, ONION POWDER, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVOR, PAPRIKA EXTRACT (COLOR). PREFRIED IN CANOLA, COTTONSEED, 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	

Prep & Cooking Suggestions:

COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 425°F FOR 16-18 MINUTES. CONVECTION OVEN: BAKE AT 400°F. BAKE 12-14 MINUTES.

Species / Scientific Name:

Serving Suggestions:

Great for use in taco shells or soft taco's!

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement :



CN Information :

CN Statement :
Suggested Bid : Four 1oz Sticks = 2M/1G
Meat/Meat Alternative : Four 1oz Sticks = 2M/1G
WholeGrain Credit Calculation : Four 1oz Sticks = 2M/1G

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



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

1.3 oz WG Potato Crunch AK Pollock Fish Fries,

Coated with real potato sticks, Potato Crunch provides a uniquely great tasting and exciting line of items. Portion controlled, easy to prepare and CN approved, it is ideal for schools and healthcare.



Nutrition Facts

82 Servings per container
Serving Size 3 Pieces

Amount Per Serving
Calories 260

% Daily Value*

Total Fat 16 g **25%**
 Saturated Fat 1.5 g **8%**
 Trans Fat 0 g

Cholesterol 35 mg **12%**
Sodium 180 mg **8%**

Total 14 g **5%**
 Dietary Fiber 1 g **4%**
 Total Sugars 0 g
 Includes g Added Sugars **%**

Protein 12 g

Vitamin D mg %
 Calcium mg 0%
 Iron mg 2%
 Potassium mg %

*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	Pack	Type Of Catch
53448	10070737534489	1 X 20 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
14 INH	12 INH	10.5 INH	1 FTQ	11x4	547 Days	-15 FAH / -14 FAH

Ingredients:

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: 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	

Prep & Cooking Suggestions:

Cooking Instructions: Cook from frozen state. Cook to an internal product temperature of 145°F.

a. Regular Oven: Bake at 400°F for approximately 18 minutes.

b. Convection Oven: Bake at 375°F for approximately 10 minutes.

Species / Scientific Name:

Alaska Pollock

Serving Suggestions:

Serve with a favorite dipping sauce!

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/ 1G



CN Information :

CN Statement : 2M/ 1G
 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.

American Pride Seafood 53448

1.3 oz. WHOLE GRAIN POTATO CRUNCH ALASKA POLLOCK FISH FRIES 53448

KEEP FROZEN

Ingredients: ALASKA POLLOCK (65.8% BREADING & BATTER 34.2% WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIAGEN, 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, SPIRGE EXTRACTIVE, PARFUMED IN CANOLA AND/OR SCOTCH WHISKY OIL.

CONTAINS: POLLOCK, WHEAT.

CONTAINS 10g WHOLE GRAIN PER 3 1/2 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 400°F FOR APPROXIMATELY 18 MINUTES. CONVECTION OVEN: BAKE AT 375°F FOR APPROXIMATELY 10 MINUTES.

USDA MyPlate Approved

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 COC #MML-C-1301

NET WEIGHT 20 LBS. (9.08Kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
 For inquiries call: 1-800-860-3684
 www.highlinerfoods.com

USDC
 Inspected
 Under
 Federal
 Inspection
 EST # 041

Nutrition Facts
 Serving Size 3 Pieces (100g)
 Servings Per Container About 82

Amount Per Serving		%Daily Value*	
Calories 260/Calories from Fat 150			
Total Fat 16g		26%	
Saturated Fat 1.5g		3%	
Trans Fat 0g			
Cholesterol 35mg		12%	
Sodium 100mg		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 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	65g
Sat Fat	Less than 20g	20g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	30g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

APS LLC dba High Liner Foods 1-800-343-8046
 New Bedford, MA 02740

High Liner Bid Desk Contact and Specification Verification

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

3.6 oz WG Golden Crunchy AK Pollock & Cheese

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.

Nutrition Facts		
89	Servings per container	
Serving Size	1 Piece	
Amount Per Serving		
Calories	250	
% Daily Value*		
Total Fat	11 g	17%
Saturated Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	60 mg	20%
Sodium	500 mg	21%
Total	23 g	8%
Dietary Fiber	0 g	0%
Total Sugars	1 g	
Includes	g	Added Sugars %
Protein	14 g	
Vitamin D	mg	%
Calcium	mg	15%
Iron	mg	0%
Potassium	mg	%

*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	Pack	Type Of Catch			
53998	10070737539989	1 X 20 LBR	Wild			
Brand		GPC Description				
High Liner Foodservice		Fish – Prepared/Processed (Frozen)				
Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free		
22 LBR	20.0 LBR	USA	No	No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
14 INH	12 INH	10.5 INH	1 FTQ	11x4	547 Days	-15 FAH / -14 FAH
Ingredients:						
POLLOCK 39.2%. CHEESE 25%: PASTEURIZED PROCESS AMERICAN CHEESE [CULTURED MILK, WATER, CREAM, SKIM MILK, SODIUM PHOSPHATE, SALT, ENZYMES, VEGETABLE COLOR (ANNATTO AND PAPRIKA BLEND)], BREADING & BATTER 35.8%: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, CONTAINS 2% OR LESS: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA 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				

Prep & Cooking Suggestions:
 Cook from frozen state. Preheat oven; place fish portions on shallow baking pan. Cook to an internal temperature of 165°F.
 a.Regular Oven: Bake at 400°F for 22-25 minutes.
 b.Convection Oven: Bake at 375°F for 13-15 minutes.

Species / Scientific Name:
 Pollock

Serving Suggestions:
 Serve in a bun as a sandwich.Serve with veggies, salad, fruit and milk.

Claims & Child Nutrition:
 BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/ 1.25G



CN Information :

CN Statement : 2M/ 1.25G
 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.

American Pride Seafood 53998



3.6 oz. OVEN READY WHOLE GRAIN POLLOCK 'N CHEESE RECTANGLES
 Contains 39.2% Fish

KEEP FROZEN 53998

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

Amount Per Serving	% Daily Value*
Calories 250	Calories from Fat 100
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 500mg	21%
Total Carbohydrate 23g	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 diet of other people's misdeeds.

INGREDIENTS: Pollock 39.2%, Cheese 25% Pasteurized Processed American Cheese (cultured milk, water, cream, skim milk, sodium phosphates, salt, enzymes, vegetable color (annatto and paprika blend)), Breading & Batter 35.6% 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, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate). Partially hydrogenated soybean oil.

CONTAINS: Pollock, wheat, milk.

CONTAINS 9g WHOLE GRAIN PER 3.6 OZ SERVING.

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

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

CONVECTION OVEN: Bake at 375°F for 13-15 minutes.

CERTIFIED ORGANIC SEAFOOD MSC

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

CCC #MM1-0-1301

NET WEIGHT 20 LBS. (9.08kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
 For inquiries call: 1-888-893-3654
 www.highlinerfoods.com

MPSC
 Processed Under Federal Inspection
 EST # 011

APS LLC dba High Liner Foods 1-800-343-8046
 New Bedford, MA 02740

High Liner Bid Desk Contact and Specification Verification



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

3.6 oz WG Golden Crunchy AK Pollock

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.



Nutrition Facts

80 Servings per container

Serving Size **1 Portion**

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 7 g **11%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 50 mg **17%**

Sodium 230 mg **10%**

Total 16 g **5%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes g Added Sugars **%**

Protein 15 g

Vitamin D mg %

Calcium mg 2%

Iron mg 6%

Potassium mg %

*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	Pack	Type Of Catch
1089300	10035493893003	4 X 4.5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
19.8 LBR	18.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
19.8 INH	12.1 INH	6.8 INH	0.9 FTQ	8x6	547 Days	-15 FAH / -14 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 FLOUR, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, 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	

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.

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Alaska Pollock

Claims & Child Nutrition:

BAP Certified :
MSC Certified : Yes
Has CN Statement : Yes
CN Statement : 2M/1G

CN Information :

CN Statement : 2M/1G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : PRODUCT RAW INPUT WT x YIELD = ACTUAL 3.6 oz Rect. 0.7130 oz .78
2.0021 oz DECLARED 2.00 oz

WholeGrain Credit Calculation : 12.5278% Whole Grain / 17.3704% Total Grain Component = 55.3862% Whole Grain 1 x 3.6 oz Rect. x .173704 (% Creditable Grains from Batter & Breader) = .6253 oz creditable grains/ 3.6 oz Rect. (0.6253 oz Creditable Grains/ 3.6 oz Rect. x 28.35g/ oz) / 16.0 g/ oz equiv whole grains = 1.1080 oz equiv whole grains/ 3.6 oz Rect DECLARE: 1.00 oz Equivalent Grains per 1 x 3.6 oz Rectangle

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



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

1 oz WG Golden Crunchy AK Pollock Nuggets, CN

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.



Nutrition Facts

80 Servings per container
Serving Size 4 Nuggets

Amount Per Serving
Calories 230

		% Daily Value*
Total Fat	8 g	12%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	

Cholesterol	50 mg	17%
Sodium	290 mg	12%

Total	23 g	8%
Dietary Fiber	2 g	8%
Total Sugars	1 g	
Includes	g Added Sugars	%

Protein	15 g	
Vitamin D	mg	%
Calcium	mg	2%
Iron	mg	8%
Potassium	mg	%

*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	Pack	Type Of Catch
1089301	10035493893010	4 X 5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
19.8 INH	12.1 INH	7.6 INH	1.1 FTQ	8x5	547 Days	-15 FAH / -14 FAH

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), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, 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	

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen nuggets on a lightly oiled sheet pan.
 CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes.

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Alaska Pollock

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/1.5G



CN Information :

CN Statement : 2M/1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : PRODUCT RAW INPUT WT x YIELD = ACTUAL 1.0 oz Nugget. 0.6420
 oz .78 = 0.5008 oz 4 x 1.0 oz Nuggets x 0.5008 oz meat/nugget = 2.0030
 oz DECLARED 2.00oz

WholeGrain Credit Calculation : 12.2992% Whole Grain / 22.5592% Total Grain Component = 54.5197% Whole Grain 4 x 1.0 oz Nugget x 0.225592 (% Creditable Grains from Batter & Breader) = 0.9024 oz creditable grains/ 4 x 1 oz nuggets (0.9024 oz Creditable Grains/ 4 nuggets x 28.35g/oz) / 16.0 g/oz equiv whole grains = 1.5989 oz equiv whole grains/ 4 nuggets DECLARE 1.50 oz Equivalent Grains / 4 nuggets

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
2558714



EST. #002




Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Nuggets
320 - 1.0 oz Fish Nuggets

Cooking Instructions: Cook Frozen. Place parchment paper on a shallow metal baking sheet. Place nuggets on pan leaving space between pieces. Convection Pre-Heated Oven. Bake at 425°F for 14-16 minutes. Convection Pre-Heated Oven. Bake at 275°F for 11-13 minutes.

1089301

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

INGREDIENTS: 64.2% ALASKA POLLOCK; 35.8% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, BIOTIN, VITAMIN B6, FOLIC ACID), WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEAT, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE), MONOCALCIUM PHOSPHATE, MODIFIED CELLULOSE, ONION, CARAMEL COLOR, EXTRACTIVES OF PAPAYA, ZINC OXIDE AND TURMERIC COLOR, PRESERVED (SODIUM) ACCIDANTIZED, AND/OR SOYBEAN OIL. CONTAINS PRESERVATIVES TO PREVENT RANCIDITY.



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

LOT#: 0000000000

1089301




NET WT 20 Lb (9.07 kg)

High Liner Bid Desk Contact and Specification Verification



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

1 oz WG Golden Crunchy AK Pollock Sticks, CN

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.



Nutrition Facts

80 Servings per container
Serving Size 4 Sticks

Amount Per Serving
Calories 230

% Daily Value*

Total Fat 9 g **12%**
 Saturated Fat 1.5 g **8%**
 Trans Fat 0 g

Cholesterol 50 mg **17%**
Sodium 320 mg **13%**

Total 23 g **8%**
 Dietary Fiber 2 g **8%**
 Total Sugars 1 g
 Includes g Added Sugars **%**

Protein 15 g

Vitamin D mg %
 Calcium mg 2%
 Iron mg 8%
 Potassium mg %

*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	Pack	Type Of Catch
1089302	10035493893027	4 X 5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 INH	9.5 INH	11.5 INH	1.1 FTQ	12x3	547 Days	-15 FAH / -14 FAH

Ingredients:

64.2% ALASKA POLLOCK; 35.8% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO, AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: Fish (Alaska 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	

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.

Species / Scientific Name:

Alaska Pollock

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/1.5G

CN Information :

CN Statement : 2M/1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : 0.6420 oz * 0.78 = 0.5008 x 4 = 2.0030 = 2.00oz declared

WholeGrain Credit Calculation : 12.5278% Whole Grain / 22.7328% Total Grain Component = 55.1089% Whole Grain 4 x 1.0oz Stick x 0.225592 (% Creditable Grains from Batter & Breader) = 0.9024 oz creditable grains/4x1oz sticks (0.9093 oz Creditable Grains/4 sticks x 28.35g/oz) / (16.0 g/oz equiv whole grains) = 1.6112 oz equiv whole grains/ 4 sticks DECLARE 1.50 oz Equivalent Grains / 4 sticks

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



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

Perfectly portioned wild alaskan pollock glazed with a spicy Southwest glaze. Onion, garlic, red bell pepper and cilantro. Serve on rice or salad for a nutritious and spicy entree.



Nutrition Facts

44 Servings per container
Serving Size 1 Portion (101g)

Amount Per Serving
Calories 80

		% Daily Value*
Total Fat	3 g	4%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	300 mg	13%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Total Sugars	0 g	
Includes 0 g Added Sugars		0%
Protein	12 g	
Vitamin D	0 mg	0%
Calcium	0 mg	0%
Iron	0 mg	0%
Potassium	160 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	Pack	Type Of Catch
1089308	00073538893086	1 X 10.00	Wild

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
11.8 INH	7.8 INH	10.1 INH	0.5 FTQ	20x4	18	0 FAH / 0 FAH

Ingredients:

89% ALASKA POLLOCK; 11% GLAZE: WATER, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND SUNFLOWER), PALM OIL, GELATIN, SUGAR, SALT, SPICES (CHILI PEPPER, CUMIN, GINGER), CILANTRO, DEHYDRATED ONION, DEHYDRATED GARLIC, DEHYDRATED RED BELL PEPPER, NATURAL FLAVORS, MALTODEXTRIN, HYDROXYLATED SOY LECITHIN, VINEGAR SOLIDS, MODIFIED CORN STARCH, GRILL FLAVOR, SMOKE FLAVOR.
 CONTAINS: FISH (POLLOCK), SOY

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

Eggs - N	Milk - N	Soy - C
Fish - C	Wheat - N	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 375°F and bake for 12-17 minutes.
CONVENTIONAL OVEN: Preheat oven to 400°F and bake for

Serving Suggestions:

Serve on rice or salad for a nutritious and spicy entree.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : ONE 3.60 OZ. SOUTHWESTERN GLAZED



CN Information :

CN Statement : ONE 3.60 OZ. SOUTHWESTERN GLAZED FISH PORTION PROVIDES 2.25 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

Suggested Bid :

Meat/Meat Alternative : Meat calculation: 3.2040 oz x 0.78 = 2.4991 meat
Rounds to 1 Portion = 2.25 meat

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.



**Southwestern Glazed 1089308
Alaska Pollock Portions
3.6 oz**

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE



COOKING INSTRUCTIONS FROM FROZEN:
TO BAKE: Place frozen portions on a lightly oiled baking pan.
CONVECTION OVEN: Preheat oven to 375°F and bake for 12-17 minutes.
CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 18-22 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

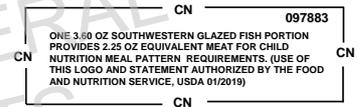
INGREDIENTS: 89% ALASKA POLLOCK; 11% GLAZE: WATER, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND SUNFLOWER), PALM OIL, GELATIN, SUGAR, SALT, SPICES (CHILI PEPPER, CUMIN, GINGER), CILANTRO, DEHYDRATED ONION, DEHYDRATED GARLIC, DEHYDRATED RED BELL PEPPER, NATURAL FLAVORS, MALTODEXTRIN, HYDROXYLATED SOY LECITHIN, VINEGAR SOLIDS, MODIFIED CORN STARCH, GRILL FLAVOR, SMOKE FLAVOR.
CONTAINS: FISH (POLLOCK), SOY

NET WT 10 Lb (4.54 kg)



00073538893086

LOT#: 0123456789



1089308

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



00073538893086

High Liner Bid Desk Contact and Specification Verification



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

Information subject to change without notice at the discretion of High Liner Foods (USA) Inc.

Printed On: 05 December 2019

1 oz WG Breaded AK Pollock Fish Shapes, CN

Our Whole Grain Rich seafood solutions not only taste great, they also align with the USDA guidelines for whole grain. Choose from great-tasting Pollock or Cod.



Nutrition Facts

20 Servings per container
Serving Size 4 Pieces

Amount Per Serving
Calories 250

		% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	

Cholesterol	20 mg	7%
Sodium	310 mg	13%

Total	28 g	9%
Dietary Fiber	4 g	16%
Total Sugars	2 g	
Includes	g Added Sugars	%

Protein	16 g	
Vitamin D	mg	%
Calcium	mg	4%
Iron	mg	15%
Potassium	mg	%

*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	Pack	Type Of Catch
1089865	10035493898657	4 X 5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 INH	9.5 INH	11.5 INH	1.1 FTQ	12x3	547 Days	-15 FAH / -14 FAH

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), SEASONING BLEND (MALTODEXTRIN, YEAST EXTRACT, SUGAR, ONION POWDER, GUAR GUM, SPICE, NATURAL FLAVOR), SALT, NATURAL FLAVOR]; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SUGAR, WATER, ONION POWDER, GARLIC POWDER, WHOLE YELLOW CORN MEAL, SALT, YEAST, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CORN SYRUP SOLIDS, CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS. 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:

For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze. CONVECTION OVEN INSTRUCTIONS:Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes.

Serving Suggestions:

Whole Grain Pollock Shapes with Popeye the Sailorman Spinach Dipping Sauce

Species / Scientific Name:

Pollock

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : No
 Has CN Statement : Yes
 CN Statement : 2M/ 1.5G

CN Information :

CN Statement : 2M/ 1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : Portsmouth Meat /Meat Alternate Component Calculations: (% Protein in APP) = 64.8% = 3.6 total parts Hydrated product (18% min Protein) 18 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 0.5037 oz Equivalent Meat/Meat Alternate x 4 Number of Portions 2.015 oz Equivalent Meat/Meat alternate Meat Component: 2 oz is Declared

WholeGrain 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) / (16.0g/oz equivalent whole grains) = 1.7138oz equivalent whole grains/4 nuggets Declare: 1.50oz Equivalent Grains per 4 x 1oz Sea Shapes

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



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