School Year 2015-2016

Nutritional Information for High Liner Foods

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	1	80	210	90	43%	10	1.5	0	35	470	18	1	1	11	2	0	2	4	087232	2		1.25
1089302	Whole Grain Breaded Pollock Stick 1 oz CN (4 sticks)	20	4	1	80	230	80	35%	9	1.5	0	50	320	23	2	1	15	0	0	2	8	087429	2		1.5
53958	Whole Grain Sweet Potato Pollock Stick 1 oz CN (4 sticks)	20	4	1	80	240	90	38%	10	1	0	50	370	23	1	6	14	8	0	0	4		2		1
53448	Potato Crunch Pollock Strip 1.3 oz CN (3 strips)	20	3	1	82	260	150	58%	16	1.5	0	35	180	14	1	0	12	0	0	0	2	085957	2		1
53978	Whole Grain Sweet Potato Pollock Nugget 1 oz CN (4 nuggets)	20	4	1	80	240	90	38%	10	1	0	50	370	23	1	6	14	8	0	0	4	085709	2		1
73100	Reduced Fat Whole Grain Pollock Nugget 1 oz CN (4 nuggets)	20	4	1	80	170	45	26%	5	1	0	50	210	17	1	1	14	2	0	2	6	083732	2		1
1089865	WG Breaded Pollock Nugget 1 oz Sea Shapes CN (4 nuggets)	20	4	1	80	240	80	33%	8	1.5	0	15	310	29	4	2	14	0	0	4	15	084296	2		1.5
53258	Whole Grain Pollock Rectangle 3.6 oz CN	20	3.6	1	88	220	80	36%	9	1	0	45	300	20	2	0	13	0	0	0	8	085704	2		1
53998	Whole Grain Pollock and Cheese Rectangle 3.6 oz CN	20	3.6	1	89	250	100	40%	11	4	0	60	500	23	0	1	14	4	0	15	0	088692	2		1
1089870	Whole Grain Sweet Potato Crusted Pollock Fillet Shape 3.6 oz CN	18	3.6	1	80	200	60	30%	7	1	0	50	150	18	1	5	14	20	2	0	4	087096	2		0.5
06533C	Whole Grain Potato Crunch Pollock Fillet Shape 3.6 oz CN	10.35	3.6	1	46	220	120	55%	13	2	0	50	290	13	0.6	0	14	0	6	0	4	085717	2		0.5

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html

High Liner Foods

Potato Crunch Whole Grain Pollock Fillets 3.6 oz

CN LABEL # 076423 2 M / .5 G

Nutrition Facts

Serving Size: 3.6 OZ

Household Serving Size: 1 piece

Servings Per Container: 46

Amount Per Serving

Calories 220 — Calories from Fat: 120

	Per Serving	% Daily Value*
Total Fat	13 g	20%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	290 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	0.6 g	4%
Sugars	0 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	0%	**Vitamin C**	6%
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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
06533C	10074638065332			46

Brand	GPC Description
Viking	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.39 LB	10.35 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
13.37 IN	9.37 IN	8.25 IN	0.598 CF	14x5	456 Days	-15 FA / -14 FA

Ingredients :

71.50% ALASKA POLLOCK; 28.58% COATING: 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, EGG. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, EGG, MILK.

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 F MINIMUM.

Serving Suggestions :

school lunch programs, elderly feeding programs

Claims :

BAP Certified :

MSC Certified :

Child Nutrition :

Has CN Statement : Yes

CN Statement : 2M/.5G

Printed On: 31 December 2014

http://www.highlinerfoods.com

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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 Per Serving… Declare = 0.5 oz eq grains

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Printed On: 31 December 2014

Sa-Weet! Potato Crusted Whole Grain Alaska Pollock

Made using a unique recipe combining real sweet potatoes with cinnamon and nutmeg, this seafood line creates the perfect savory flavor everyone is sure to enjoy.

Nutrition Facts

Serving Size: 101 GR
Household Serving Size: 1 Piece
Servings Per Container: 80

Amount Per Serving

Calories 200 — Calories from Fat: 60

	Per Serving	% Daily Value*
Total Fat	7 g	11%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	150 mg	6%
Total Carbohydrate	18 g	6%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	14 g	

	Per Srv		Per Srv
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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
1089870	10035493898701			80

Brand	GPC Description
Viking	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
19.8 LB	18 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
19.82 IN	12.07 IN	6.825 IN	0.945 CF	8x6	547 Days	-15 FA / -14 FA

Ingredients :

71.3% ALASKA POLLOCK 28.7% 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,SODIUM ACID 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,SODIUM ACID PYROPHOSPHATE),WHEAT FLOUR,GUM ARABIC,EXTRACTIVES OF PAPRIKA (FOR COLOR),MALTODEXTRIN,XANTHAN GUM,ARTIFICIAL FLAVOR. PREFRIED IN CANOLA,COTTONSEED,AND/OR SOYBEAN OIL.

Prep & Cooking Suggestions :

For food safety and quality, please follow these cooking instructions.Keep frozen until ready to prepare- Do not refreeze. CONVECTION OVEN INSTRUCTIONSPlace oven rack in the center of the oven.Preheat oven to 425Â°F.Place frozen fish in a single layer on a shallow baking pan.Bake for 15-18 minutes.CONVENTIONAL OVEN INSTRUCTIONSPlace oven rack in the center of the oven.Preheat oven to 450Â°F.Place frozen fish in a single layer on a shallow baking pan.Bake for 20-25 minutes.Note: Since appliances vary, these cooking instructions are only a guideline. Fish is fully cooked when it reaches an internal temperature of 165Â°F.

Serving Suggestions :

Sa-weet! Potato Pollock over Apple Arugula Salad with Walnuts

Claims :

BAP Certified :
MSC Certified : Yes

Child Nutrition :

Has CN Statement : Yes
CN Statement : 1 fillet= 2M/ .5G

Printed On: 31 December 2014

CN Information :

CN Statement :	1 fillet= 2M/ .5G
Suggested Bid :	MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock with Whole Grain Compliant Sweet Potato Crusting. Less than 210 calores and 160 mg of Sodium. For both Commercial and Commodity Purchase.
Meat/Meat Alternative :	3.6000 oz. Portion GIVES 2.5668 oz. INPUT WT x 0.78 YIELD = 2.0021 oz. ACTUAL EQUIVALENT MEAT. Total Meat/Meat Alternate per Serving of 1 Portion YIELD 2.0021 oz. Actual Total M/MA. Per Serving… Declare = 2.00 oz
WholeGrain Credit Calculation :	5.590% Whole Grain/10.820% Total Grain Component = 51.664% Whole Grain 3.6000 oz. Portion x 0.1082 (% creditable grains) = 0.3895 oz. 0.3895 oz creditable grains x 28.35g/oz = 11.0429g 'Oz equivalent grains'/Portion = 11.0429g/16g = 0.6902 oz eq grains Per Serving… Actual = 0.6902 oz eq grains Per Serving… Declare = 0.5 oz eq grains

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Whole Grain Rich AK Pollock Sea Wonder

Whole Grains comprise 51% of of the coating. Each Product is formulated to provide 2 oz of cooked meat. Grain servings are calculated using new 16 g calculations and provide at least 8 g of whole grains. Less than 400 mg sodium. Less than 35% of total calories are from fat. Less than 10% of total calories are from saturated fat. Reduced Fat and Sodium without sacrificing flavor! PUFI & CN, AHG, HUSSC

Nutrition Facts

Serving Size: 112 GR
Household Serving Size: 4 PC
Servings Per Container: 80

Amount Per Serving

Calories 240 — Calories from Fat: 80

	Per Serving	% Daily Value*
Total Fat	8 g	12%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	310 mg	13%
Total Carbohydrate	29 g	10%
Dietary Fiber	4 g	16%
Sugars	2 g	
Protein	14 g	

	Per Srv		Per Srv
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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
1089865	10035493898657			80

Brand	GPC Description
Viking	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
19.81 IN	12.06 IN	7.63 IN	1.055 CF	8x5	547 Days	-15 FA / -14 FA

Ingredients :

68.9% SEAFOOD RAW MATERIAL [MINCED ALASKAN 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

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. CONVENTIONAL OVEN INSTRUCTIONS:Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 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.

Serving Suggestions :

Whole Grain Pollock Shapes with Popeye the Sailorman Spinach Dipping Sauce

Claims :

BAP Certified :
MSC Certified : Yes

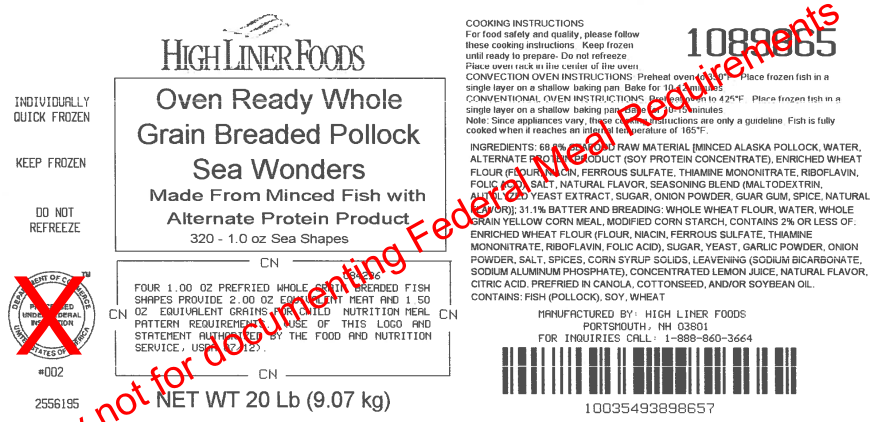
Child Nutrition :

Has CN Statement : Yes
CN Statement : Four shapes= 2M/ 1.5G

Printed On: 31 December 2014

CN Information :

CN Statement :	Four shapes= 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



Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Printed On: 31 December 2014

Golden Crunchy Whole Grain Breaded Sticks

100% Child Nutrition compliant. Packed with beneficial Omega-3 fatty acids and made to meet your dietary needs at an affordable price. CN LABEL # 075786. Provides 2 Meat / 1.5 Grain.

Nutrition Facts

Serving Size: 112 GR
Household Serving Size: 4 Sticks
Servings Per Container: 80

Amount Per Serving

Calories 230 — Calories from Fat: 80

	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	320 mg	13%
Total Carbohydrate	23 g	8%
Dietary Fiber	2 g	8%
Sugars	1 g	
Protein	15 g	

	Per Srv		Per Srv
Vitamin A	0%	**Vitamin C**	0%
Calcium	2%	**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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
1089302	10035493893027			80

Brand	GPC Description
Viking	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
19.82 IN	12.07 IN	7.64 IN	1.058 CF	8x5	547 Days	-15 FA / -14 FA

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

Prep & Cooking Suggestions :

Cook Frozen. Place parchment paper on a shallow metal baking sheet. ; Place sticks on pan leaving space between pieces. ; Conventional Pre-Heated Oven: Bake at 425F for 14-16 minutes. ; Convection Pre-Heated Oven: Bake at 375F for 9-11 minutes.

Serving Suggestions :

Ideal paired with your favorite signature sauce or side.

Claims :

BAP Certified :
MSC Certified : Yes

Child Nutrition :

Has CN Statement : Yes
CN Statement : 2M/1.5G

Printed On: 31 December 2014

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

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

#002

Viking

Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Sticks

320 - 1.0 oz Fish Sticks

Cooking Instructions: Cook Frozen. Place parchment paper on a shallow metal baking sheet. Place sticks on pan leaving space between pieces. Conventional Pre-Heated Oven: Bake at 425°F for 14-16 minutes. Convection Pre-Heated Oven: Bake at 375°F for 9-11 minutes. 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, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE 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 (POLLOCK), WHEAT, MILK

89302

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

MML-C-1301

This product comes from a fisher
independently certified to the MS
well-managed and sustainable fis

CN

087429

CN GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE CN

CN

Copy not for documenting Federal Meal Requirements

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

10035493893027

8930

10035493893027

2556478

NET WT 20 Lb (9.07 kg)

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Printed On: 31 December 2014

Reduced Fat Whole Grain Alaska Pollock Nugget 1 oz.

Reduced Fat, Whole Grain, MSC Certified

Nutrition Facts

Serving Size: 4 OZ
Household Serving Size: 4 OZ
Servings Per Container: 40

Amount Per Serving

Calories 170 — Calories from Fat: 45

	Per Serving	% Daily Value*
Total Fat	5 g	8%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	210 mg	9%
Total Carbohydrate	17 g	6%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	2%	**Vitamin C**	0%
Calcium	2%	**Iron**	6%

*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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
73100	10070737731000			40

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

INGREDIENTS: Alaska Pollock, 65%, BREADING 23%: Whole grain wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dextrose, distilled vinegar, iodized salt, malted barley flour, Pollock protein, inactive yeast, sea salt, leavening (sodium bicarbonate), canola oil, yeast, spice extractive. BATTER 12%: water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched yellow corn flour (corn flour, niacin, reduced 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, cottonseed, and/or soybean oil

Prep & Cooking Suggestions :

CONVENTIONAL OVEN: Place frozen nuggets on baking sheet in a preheated 425°F oven for 15-20 minutes. CONVECTION OVEN: Place frozen nuggets on baking sheet in oven set to 375°F for approx. 15 minutes

Serving Suggestions :

Great with Vegetable side dishes!

Claims :

BAP Certified :
MSC Certified : Yes

Child Nutrition :

Has CN Statement : Yes
CN Statement :

Printed On: 31 December 2014

CN Information :

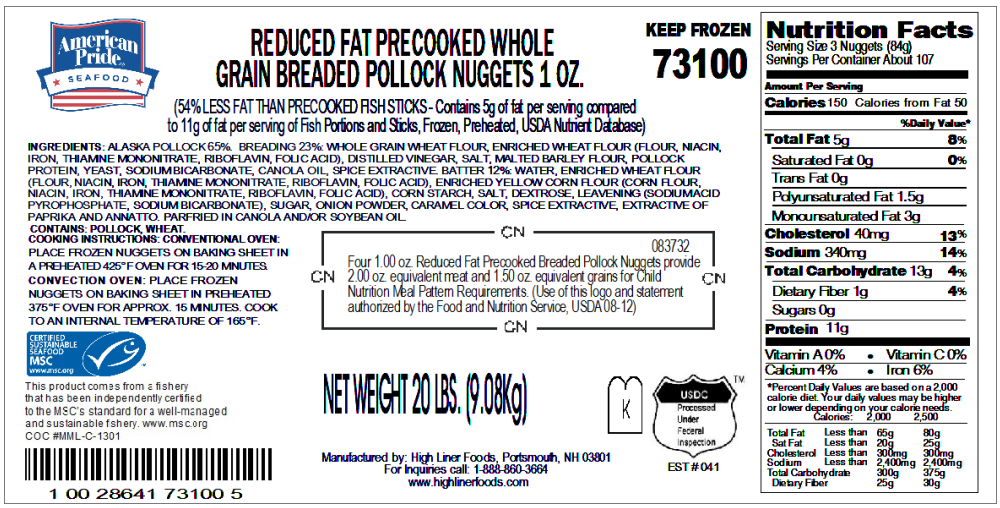
CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 73100



American Pride SEAFOOD

REDUCED FAT PRECOOKED WHOLE GRAIN BREADED POLLOCK NUGGETS 1 OZ.

(54% LESS FAT THAN PRECOOKED FISH STICKS - Contains 5g of fat per serving compared to 11g of fat per serving of Fish Portions and Sticks, Frozen, Preheated, USDA Nutrient Database)

KEEP FROZEN

73100

INGREDIENTS: ALASKA POLLOCK 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 EXTRACTIVE, EXTRACTIVE OF PAPRIKA AND ANNATTO. PARFRIED IN CANOLA AND/OR SOYBEAN OIL.

CONTAINS: POLLOCK, WHEAT.

COOKING INSTRUCTIONS: CONVENTIONAL OVEN: PLACE FROZEN NUGGETS ON BAKING SHEET IN A PREHEATED 425°F OVEN FOR 15-20 MINUTES.

CONVECTION OVEN: PLACE FROZEN NUGGETS ON BAKING SHEET IN PREHEATED 375°F OVEN FOR APPROX. 15 MINUTES. COOK TO AN INTERNAL TEMPERATURE OF 165°F.

CN

083732

CN Four 1.00 oz. Reduced Fat Precooked Breaded Pollock Nuggets provide 2.00 oz. equivalent meat and 1.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-12) CN

CN

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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

1 00 28641 73100 5

NET WEIGHT 20 LBS. (9.08Kg)

K

USDC Processed Under Federal Inspection

EST # 041

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

Nutrition Facts

Serving Size 3 Nuggets (84g)
Servings Per Container About 107

Amount Per Serving	
Calories 150 Calories from Fat 50	
	%Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 40mg	13%
Sodium 340mg	14%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 11g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 6%

*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

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

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Printed On: 31 December 2014

3.6 oz. Oven Ready Whole Grain Rich Breaded Pollock

Delicious whole grain breading meets USDA Child Nutrition requirements.Ready to cook IQF portionsStand alone or sandwich ready item.One 3.6 oz. portion provides 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements.USDA commodity Alaska Pollock.Product of USA.

Nutrition Facts

Serving Size: 3.6 OZ

Household Serving Size: 1 Piece

Servings Per Container: 89

Amount Per Serving

Calories 250 — Calories from Fat: 100

	Per Serving	% 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 Carbohydrate	23 g	8%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	14 g	

	Per Srv		Per Srv
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
53998	10070737539989			89

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

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%: 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). Parfried in canola and/or soybean oil. Contains: Pollock, Wheat, Milk.

Prep & Cooking Suggestions :

Cook from frozen state. Cook to an internal temperature of 145°F. Conventional Oven: Bake at 400F for 22-25 minutes. Convection Oven: Bake at 375F for 13-15 minutes.

Serving Suggestions :

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

Claims :

BAP Certified :

MSC Certified :

Child Nutrition :

Has CN Statement : Yes

CN Statement :

Printed On: 31 December 2014

http://www.highlinerfoods.com

Powered by FSE Inc. - http://www.fsenet.com

CN Information :

CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 53998

American Pride SEAFOOD

3.6 oz. OVEN READY WHOLE GRAIN POLLOCK 'N CHEESE RECTANGLES

Contains 39.2% Fish

KEEP FROZEN

53998

INGREDIENTS: Pollock 39.2%. Cheese 25%: Pasteurized process American Cheese [cultured milk, water, cream, skim milk, sodium phosphates, salt, enzymes, vegetable color (annatto and paprika blend)]. 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, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate). Parfried in canola and/or 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.

CN

088692

One 3.60 oz. Oven Ready Whole Grain Pollock 'N Cheese Portion provides 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09-13)

CN

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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

1 00 70737 53998 9

NET WEIGHT 20 LBS. (9.08Kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

USDC Processed Under Federal Inspection

EST # 041

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 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 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

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

Kathy Gilmore **Date: 11/14/2013**

Kathy Gilmore, Quality Engineer

High Liner Foods

Printed On: 31 December 2014

1 oz. Oven Ready Crunchy Sweet Potato Alaska

Meets CN Whole Grain Rich requirements.Delicious coating with real sweet potato,USDA Commodity Alaska Pollock.IQF nuggets, ready to cook.Four Nuggets provide 2.00 oz equivalent meat and 1.00 oz. equivalent grain.

Nutrition Facts

Serving Size: 4 OZ

Household Serving Size: 4 Pieces

Servings Per Container: 80

Amount Per Serving

Calories 240 — Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	10 g	15%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	370 mg	15%
Total Carbohydrate	23 g	8%
Dietary Fiber	1 g	4%
Sugars	6 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	8%	**Vitamin C**	0%
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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
53978	10070737539781			80

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	No

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

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 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.

Prep & Cooking Suggestions :

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

Serving Suggestions :

Serve with dipping sauce and sides.Serve in a wrap with toppings.

Claims :

BAP Certified :

MSC Certified :

Child Nutrition :

Has CN Statement : Yes

CN Statement :

Printed On: 31 December 2014

http://www.highlinerfoods.com

Powered by FSE Inc. - http://www.fsenet.com

CN Information :

CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 53978

American Pride SEAFOOD

KEEP FROZEN

1 oz. OVEN READY CRUNCHY SWEET POTATO ALASKA POLLOCK NUGGETS

53978

INGREDIENTS: 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 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.
CONTAINS 9g WHOLE GRAIN PER 4 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F.
CONVENTIONAL OVEN: BAKE AT 400°F FOR APPROXIMATELY 15 MINUTES.
CONVECTION OVEN: BAKE AT 375°F FOR APPROXIMATELY 10 MINUTES.

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org
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

1 00 70737 53978 1

CN
085709
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. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 11-12)
CN

NET WEIGHT 20 LBS. (9.08Kg)

USDC Processed Under Federal Inspection ™
EST # 041

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

Nutrition Facts
Serving Size 3 Nuggets (84g)
Servings Per Container About 107

Amount Per Serving		%Daily Value*
Calories 180 Calories from Fat 70		
Total Fat 8g		12%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 270mg		11%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 4g		
Protein 11g		

Vitamin A 6% • 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	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 · Carbohydrate 4 · Protein 4

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

Kathy Gilmore **Date: 11/14/2013**

Kathy Gilmore, Quality Engineer

High Liner Foods

Printed On: 31 December 2014

Oven Ready Whole Grain Crunchy Sweet Potato Alaska

Delicious whole grain rich sweet potato breading meets current USDA Child Nutrition requirements.Ready to cook IQF sticks.Four 1 oz. Oven Ready Sweet Potato Breaded Pollock Sticks provide 2.00 oz equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern requirements.Product of USA.USDA Commodity Alaska Pollock

Nutrition Facts

Serving Size: 4 OZ

Household Serving Size: 4 Sticks

Servings Per Container: 80

Amount Per Serving

Calories 240 — Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	10 g	15%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	370 mg	15%
Total Carbohydrate	23 g	8%
Dietary Fiber	1 g	4%
Sugars	6 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	8%	**Vitamin C**	0%
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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
53958	10070737539583			80

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

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 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.

Prep & Cooking Suggestions :

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

Serving Suggestions :

Serve with a starch and veggies. Serve with a dipping sauce.

Claims :

BAP Certified :

MSC Certified :

Child Nutrition :

Has CN Statement : Yes

CN Statement :

Printed On: 31 December 2014

http://www.highlinerfoods.com

Powered by FSE Inc. - http://www.fsenet.com

CN Information :

CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Whole Grain Compliant

Nutrition Facts

Serving Size: 3.9 OZ
Household Serving Size: 3 Pieces
Servings Per Container: 82

Amount Per Serving

Calories 260 — Calories from Fat: 150

	Per Serving	% 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 Carbohydrate	14 g	5%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	12 g	

	Per Srv		Per Srv
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	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
53448	10070737534489			82

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	FA / FA

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: Pollock, wheat.

Prep & Cooking Suggestions :

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

Serving Suggestions :

Serve with a favorite dipping sauce!

Claims :

BAP Certified :
MSC Certified :

Child Nutrition :

Has CN Statement : Yes
CN Statement :

Printed On: 31 December 2014

CN Information :

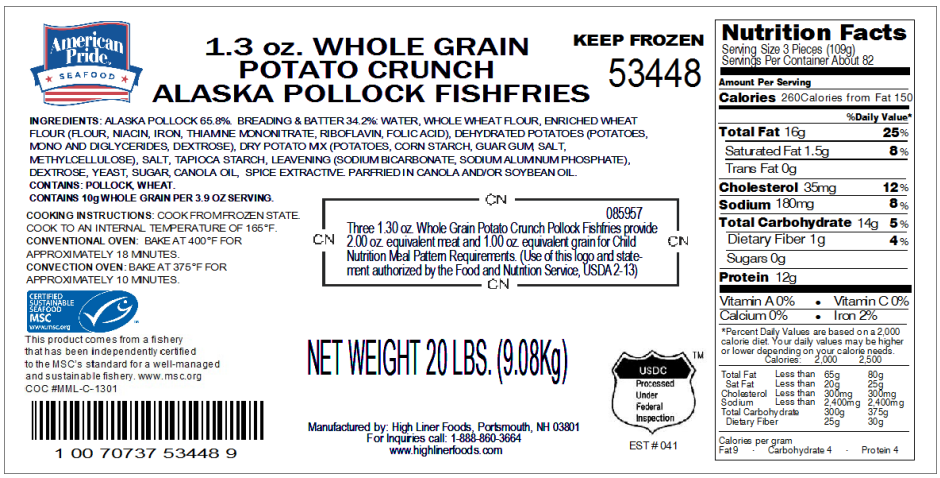
CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 53448



American Pride SEAFOOD

1.3 oz. WHOLE GRAIN POTATO CRUNCH ALASKA POLLOCK FISHFRIES

KEEP FROZEN

53448

INGREDIENTS: ALASKA POLLOCK 65.8%. BREADING & BATTER 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 MX (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.
CONTAINS 10g WHOLE GRAIN PER 3.9 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.

CN
085957
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. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 2-13)
CN

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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

1 00 70737 53448 9

NET WEIGHT 20 LBS. (9.08Kg)

USDC Processed Under Federal Inspection ™
EST # 041

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

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	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 · Carbohydrate 4 · Protein 4

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

Kathy Gilmore **Date: 11/14/2013**

Kathy Gilmore, Quality Engineer

High Liner Foods

Whole Grain Breaded Nacho Stick

Portion control. Ready to cook. Great taste kids will love!

Nutrition Facts

Serving Size: 4 OZ
Household Serving Size: 4 sticks
Servings Per Container: 80

Amount Per Serving

Calories 210 — Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	10 g	15%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	470 mg	20%
Total Carbohydrate	18 g	6%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	11 g	

	Per Srv		Per Srv
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
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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
38118	10028641381187			80

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

Alaska Pollock 65%. Batter & Breading 35%: Water, whole Grains (whole wheat flour, whole yellow corn meal, whole yellow corn 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, corn starch, salt, sugar, spices, garlic powder, onion powder, yeast, tomato powder, dehydrated parsley, yeast extract, paprika, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice extractive. Parfried in canola and/or soybean oil. Contains: Pollock, wheat.

Prep & Cooking Suggestions :

Cook from frozen state. Cook to an internal temperature of 145°F. CONVECTION OVEN: Preheat to 400°F. Bake 12-14 minutes. REGULAR OVEN: Preheat to 425°F. Bake 16-18 minutes.

Serving Suggestions :

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

Claims :

BAP Certified :
MSC Certified :

Child Nutrition :

Has CN Statement : Yes
CN Statement :

Printed On: 31 December 2014

CN Information :

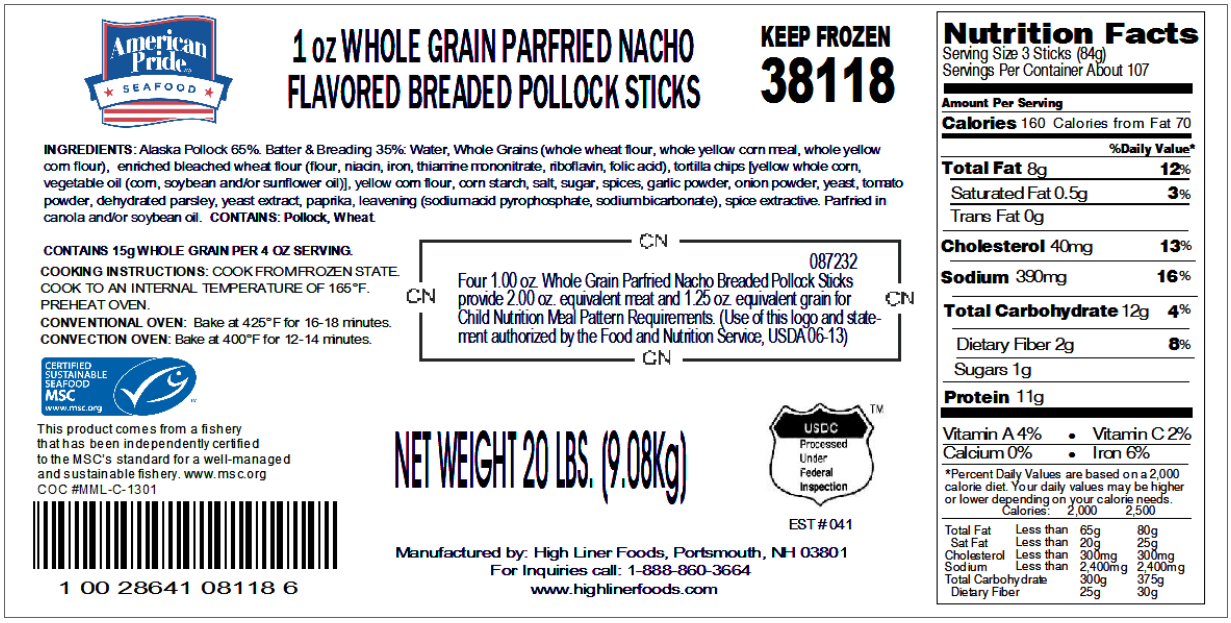
CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 38118



American Pride SEAFOOD

1 oz WHOLE GRAIN PARFRIED NACHO FLAVORED BREADED POLLOCK STICKS

KEEP FROZEN

38118

INGREDIENTS: Alaska Pollock 65%. Batter & Breading 35%: Water, Whole Grains (whole wheat flour, whole yellow corn meal, whole yellow corn 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, corn starch, salt, sugar, spices, garlic powder, onion powder, yeast, tomato powder, dehydrated parsley, yeast extract, paprika, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice extractive. Parfried in canola and/or soybean oil. **CONTAINS: Pollock, Wheat**.

CONTAINS 15g WHOLE GRAIN PER 4 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. PREHEAT OVEN.

CONVENTIONAL OVEN: Bake at 425°F for 16-18 minutes.

CONVECTION OVEN: Bake at 400°F for 12-14 minutes.

CN

087232

Four 1.00 oz. Whole Grain Parfried Nacho Breaded Pollock Sticks provide 2.00 oz. equivalent meat and 1.25 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-13)

CN

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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

1 00 28641 08118 6

NET WEIGHT 20 LBS. (9.08Kg)

USDC Processed Under Federal Inspection

EST # 041

Manufactured by: High Liner Foods, Portsmouth, NH 03801

For Inquiries call: 1-888-860-3664

www.highlinerfoods.com

Nutrition Facts

Serving Size 3 Sticks (84g)

Servings Per Container About 107

Amount Per Serving		%Daily Value*
Calories 160	Calories from Fat 70	
Total Fat 8g		**12%**
Saturated Fat 0.5g		**3%**
Trans Fat 0g		
Cholesterol 40mg		**13%**
Sodium 390mg		**16%**
Total Carbohydrate 12g		**4%**
Dietary Fiber 2g		**8%**
Sugars 1g		
Protein 11g		

Vitamin A 4% • Vitamin C 2%

Calcium 0% • Iron 6%

*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
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