

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
06551C	Whole Grain Potato Crunch Pollock Nuggets 1 oz CN	10	4	4	40	290	120		14	3	0	65	370	21	0	0	15	0	10	0	4	085712	2	N/A	0.75
06533C	Whole Grain Potato Crunch Pollock Fillet Shape 3.6 oz CN	10.35	3.6	1	46	160	55		6	1	0	50	300	13	0.6	0	14	0	6	0	4	085717	2	N/A	0.5
53448	Potato Crunch Pollock Strip 1.3 oz CN (3 strips)	20	3.9	3	82	260	150		16	1.5	0	35	180	14	1	0	12	0	0	0	2	085957	2	N/A	1
1089302	Whole Grain Breaded Pollock Stick 1 oz CN (4 sticks)	20	4	4	80	230	80		9	1.5	0	50	320	23	2	1	15	0	0	2	8	087429	2	N/A	1.5
1089301	Golden Crunchy Breaded Pollock Nuggets 1 oz CN (4 nuggets)	20	4	4	80	230	80		9	1.5	0	50	320	23	2	1	15	0	0	2	8	087428	2	N/A	1.5
1089300	Golden Crunchy Breaded Pollock Rectangles 3.6 oz CN	18	3.6	1	80	190	60		7	1	0	50	250	16	1	1	14	0	0	2	6	087427	2	N/A	1
1089877	Golden Crunchy Breaded Pollock Wedge 3.6 oz CN	10	3.6	1	44	160	50		6	1	0	50	280	16	2	1	14	0	0	2	6	090745	2	N/A	1
1089865	WG Breaded Pollock Nugget 1 oz Sea Shapes CN (4 nuggets)	20	4	4	80	240	80		8	1.5	0	15	310	29	4	2	14	0	0	4	15	084296	2	N/A	1.5
38118	Whole Grain Nacho Pollock Stick 1 oz CN (4 sticks)	20	4	4	80	230	90		10	1	0	50	300	19	2	0	15	4	0	0	6	092941	2	N/A	1
53978	Whole Grain Sweet Potato Pollock Nugget 1 oz CN (4 nuggets)	20	4	4	80	240	90		10	1	0	50	370	23	1	6	14	8	0	0	4	085709	2	N/A	1
53258	Whole Grain Pollock Rectangle 3.6 oz CN	20	3.6	1	88	220	80		9	1	0	45	300	20	2	0	13	0	0	0	8	088688	2	N/A	1
53998	Whole Grain Pollock and Cheese Rectangle 3.6 oz CN	20	3.6	1	89	250	100		11	4	0	60	500	23	0	1	14	4	0	15	0	088692	2	N/A	1
26257	Breaded Pollock Bites w/Sweet Asian Sauce CN (8 bites)	14	5.6	8	40	320	90		11	1.5	0	50	480	40	3	16	16	0	4	2	10	093152	2	N/A	1.5
53328	Whole Grain Breaded Pollock Hoagie 3.6 oz CN	20	3.6	1	89	220	80		9	1	0	45	300	20	2	0	13	0	0	0	8	089527	2	N/A	1

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



Whole Grain Potato Crunch Pollock Nuggets 1 oz

Coating made with potato sticks. Easy preparation. CN approved. Oven ready.



Nutrition Facts

Serving Size: 112 GR
 Household Serving Size: 4 pieces
 Number of Servings per Package: 40

Amount Per Serving	
Calories 290	Calories from Fat: 120
Per Serving	% Daily Value*
Total Fat 14 g	21%
Saturated Fat 3 g	14%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 370 mg	15%
Total Carbohydrate 21 g	7%
Dietary Fiber 0 g	3%
Sugars 0 g	
Protein 15 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	10%
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	Pack	Type Of Catch
06551	00074638065519	1 X 10 LB	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
11.8125	7.8125	8.625 IN	0.461 CF	15x5	547 Days	-15 FA / -14 FA

Ingredients :

ALASKA POLLOCK, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE) 64.50% COATING 35.50%: 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 CORNMEAL, 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, PREFRIED IN CANOLA, COTTONSEED AND/OR SOYBEAN OIL . CONTAINS: FISH (ALASKA POLLOCK), WHEAT, MILK

Prep & Cooking Suggestions:

Cook from a frozen state. CONVECTION OVEN: Preheat oven at 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 165 MINIMUM.

Serving Suggestions:

school lunch program, healthcare, elderly feeding

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

Eggs - N	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified :
 MSC Certified :
 Has CN Statement : Yes
 CN Statement : 4 pieces= 2 Meat/ .75 Grain

Species / Scientific Name:

CN Information :

CN Statement : 4 pieces= 2 Meat/ .75 Grain
 Suggested Bid : Twice Frozen Pollock with Whole Grain Compliant Potato Stick Breading.
 Meat/Meat Alternative : 1.0000 oz. Nugget GIVES 0.6335 oz. INPUT WT x 0.78 YIELD = 0.4941 oz. ACTUAL EQUIVALENT MEAT. ADDITION OF 0.0015 oz. DryWholeEggs x 4.00 YIELD = 0.0060 oz. ACTUAL MEAT ALTERNATE. Total Meat/Meat Alternate per Serving of 4 Nugget(S) YIELD 2.0005 oz. Actual Total M/MA. Per Serving... Declare = 2.00 oz
 WholeGrain Credit Calculation : 5.748% Whole Grain/10.623% Total Grain Component = 54.109% Whole Grain 1.0000 oz. Nugget x 0.1062 (% creditable grains) = 0.1062 oz. 0.1062 oz creditable grains x 28.35g/oz = 3.0116g 'Oz equivalent grains'/Nugget = 3.0116g/16g = 0.1882 oz eq grains Per Serving... Actual = 0.7529 oz eq grains Per Serving... Declare = 0.75 oz eq grains

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE



EST # 116



**PRECOOKED POTATO CRUNCH
BREADED ALASKA POLLOCK
NUGGETS - 1 OZ.**

CN 085712

FOUR 1.00 OZ. FRIED BREADED FISH NUGGETS PROVIDE 2.00 OZ. EQUIVALENT MEAT/MEAT ALTERNATE AND 0.75 OZ. EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 11-12).

CN

NET WT 10 Lb (4.54 kg)

COOKING INSTRUCTIONS:
 TO BAKE: PREHEAT OVENS. BAKE FOR 8-12 MIN. @ 385F IN CONVECTION OR 15-20 MIN. @ 400F IN CONVENTIONAL OVENS.
 TO FRY: DEEP FRY FOR 3-5 MINUTES AT 350F OR UNTIL GOLDEN BROWN, DRAIN AND SERVE.
 NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

06551

INGREDIENTS: 63.35% ALASKA POLLOCK, SODIUM TRIPHOSPHATE (TO RETAIN MOISTURE), 36.59% 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, & 1% DRY WHOLE EGGS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.

CONTAINS: FISH (POLLOCK), WHEAT, EGGS, MILK (160 - 1 OZ.)

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

LOT NUMBER:



LOT 0035019110
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06551





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Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods



SIMPLY SAUCE - WG POLLOCK BITES WITH SWEET

Oven Ready, Whole Grain Breaded, Convenient, Bite-sized Portions, Great for Kids, 8 .5oz. Bites w/1.6oz Sauce = 2M/1.5G



Nutrition Facts

Serving Size: 5.6 OZ

Household Serving Size: 5.6 ounces

Number of Servings per Package: 40

Amount Per Serving

Calories 320 Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	11 g	17%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	480 mg	20%
Total Carbohydrate	40 g	13%
Dietary Fiber	3 g	12%
Sugars	16 g	
Protein	16 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	4%
Calcium	2%	Iron	10%

*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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Product Specifications:

Code	GTIN	Pack	Type Of Catch
26257	00074638262574	2 X 5 LB	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
15.4 LB	14 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	10.125	0.724 CF	15x4	547 Days	-15 FA / -14 FA

Ingredients :

POLLOCK 64.2%. 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 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, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK. ASIAN SAUCE: WATER, SUGAR, SOY SAUCE (WATER, WHEAR, SOYBEANS, SALT, VINEGAR), TOMATO PASTE, SESAME OIL, CORN STARCH. CONTAINS 2% OR LESS OF: HOISIN SAUCE (SUGAR, WATER, SALT, SWEET POTATO POWDER, RICE, VINEGAR, CORN STARCH, SOYBEANS, SESAME PASTE, SPICES, WHEAT FLOUR, GARLIC, CHILI PEPPER), SESAME SEEDS, VINEGAR, CITRIC ACID, DEHYDRATED PARSLEY, SPICES, GARLIC POWDER. CONTAINS: WHEAT, SOY.

Prep & Cooking Suggestions:

POLLOCK BITES: KEEP FROZEN UNTIL READY TO USE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN – BAKE AT 350°F FOR 20 MINUTES. CONVENTIONAL OVEN – BAKE AT 400°F FOR 16-18 MINUTES. DEEP FRY - 360°F FOR 3 1/2 MINUTES. SWEET ASIAN SAUCE - KEEP FROZEN UNTIL READY TO USE. DO NOT REHEAT. DISCARD ANY UNUSED SAUCE. TO HEAT FROM FROZEN: PLACE SEALED BAG OF SAUCE INTO HOT BOILING WATER OR STEAMER FOR APPROX. 20 MINUTES OR UNTIL REACHING AN INTERNAL TEMPERATURE OF 165°F. TO HEAT FROM THAWED: THAW SEALED BAG IN THE REFRIGERATOR FOR AT LEAST 24 HOURS PRIOR TO USE. PLACE SEALED BAG

Serving Suggestions:

Rice Bowl, Taco's, Lunch

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

Eggs - N	Milk - C
Soy - C	Wheat - C
Fish - C	Crustacean - N
Nuts - N	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement :

Species / Scientific Name:

CN Information :

CN Statement :

Suggested Bid : 8 .5oz. Bites w/1.6oz Sauce = 2M/1.5G

Meat/Meat Alternative : 8 .5oz. Bites w/1.6oz Sauce = 2M/1.5G

WholeGrain Credit Calculation : 8 .5oz. Bites w/1.6oz Sauce = 2M/1.5G



INDIVIDUALLY
QUICK FROZEN
KEEP FROZEN
DO NOT
REFREEZE

XXXXXXXX



EST. # 041

Oven Ready Whole Grain Breaded Pollock Bites with Sweet Asian Sauce

26257

Lot #: 0055229142

COOKING INSTRUCTIONS: FOR BITES: Cook from frozen state. CONVENTIONAL OVEN: Bake at 400°F for 16-18 minutes. CONVECTION OVEN: Bake at 350°F for 20 minutes. FRYER: Deep fry at 360°F For 3 1/2 minutes.
FOR SAUCE: PREPARATION: FOR FOOD SAFETY, KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. TO HEAT FROM FROZEN: Place sealed bag of sauce into hot boiling water or steamer for approx. 20 minutes or until reaching an internal temperature of 165°F. TO HEAT FROM THAWED: Thaw sealed bag in the refrigerator for at least 24 hours prior to use. Place sealed bag of sauce into hot boiling water or steamer for approximately 12 minutes or until reaching an internal temperature of 165°F. DO NOT REHEAT. Discard any unused sauce.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: POLLOCK 64.2%, 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 OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEAT, 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
ASIAN SAUCE: WATER, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, VINEGAR), TOMATO PASTE, SESAME OIL, CORN STARCH. CONTAINS 2% OR LESS OF: HOISIN SAUCE (SUGAR, WATER, SALT, SWEET POTATO POWDER, RICE VINEGAR, CORN STARCH, SOYBEANS, SESAME PASTE, SPICES, WHEAT FLOUR, GARLIC, CHILI PEPPER), SESAME SEEDS, VINEGAR, CITRIC ACID, DEHYDRATED PARSLEY, SPICES, GARLIC POWDER.
CONTAINS: WHEAT, SOY



093152
EIGHT 0.50 OZ OVEN READY WHOLE GRAIN BREADED POLLOCK BITES WITH 1.6 OZ SAUCE PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 07-2015)

26257

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

NET WT 14 Lb (6.35 kg)



10074638262571



10074638262571

Kathy Gilmore

Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

Whole Grain Breaded Nacho Stick

Portion control. Ready to cook. MSC Certified. Great taste kids will love! CN=2M/1G



Nutrition Facts

Serving Size: 4 OZ
 Household Serving Size: 4 Sticks (112g)
 Number of Servings per Package: 80

Amount Per Serving		
Calories	230	Calories from Fat: 90
Per Serving		
Total Fat	10 g	15%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	300 mg	13%
Total Carbohydrate	19 g	6%
Dietary Fiber	2 g	8%
Sugars	0 g	
Protein	15 g	

	Per Srv		Per Srv
Vitamin A	4%	Vitamin C	0%
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
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	Protein 4
Carbohydrate	4	

Product Specifications:

Code	GTIN	Pack	Type Of Catch
38118	10028641381187	1 X 20 LB	

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	TlxHI	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 WHEAT FLOUR, WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TORTILLA CHIPS [CORN, VEGETABLE OIL (CORN, SOYBEAN AND/OR SUNFLOWER)], ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, CORN STARCH, SALT, SUGAR, YEAST, SPICES, GARLIC POWDER, DEHYDRATED PARSLEY, EXTRACTIVES OF PAPRIKA, ONION POWDER, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICE EXTRACTIVE. FRIED IN CANOLA AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT.

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.

Serving Suggestions:

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

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

Eggs - N	Milk - N
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - N	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

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

Species / Scientific Name:

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



1 oz WHOLE GRAIN NACHO CRUNCH BREADED POLLOCK STICKS

KEEP FROZEN

38118

INGREDIENTS: ALASKA POLLOCK 65%. BATTER & BREADING 35%: WATER, 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 (CORN, SOYBEAN AND/OR SUNFLOWER)], ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, CORN STARCH, SALT, SUGAR, YEAST, SPICES, GARLIC POWDER, DEHYDRATED PARSLEY, EXTRACTIVES OF PAPRIKA, ONION POWDER, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICE EXTRACTIVE. FRIED IN CANOLA AND/OR SOYBEAN OIL. **CONTAINS: FISH (POLLOCK), WHEAT.**

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.



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



EST # 041

CN 092941
CN Four 1.00 oz. Whole Grain Nacho Crunch Breaded Pollock Sticks 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 06/2015) CN



1 00 28641 08118 6

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

NET WT 20 Lb (9.08 kg)

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods

3.6 oz. Oven Ready Whole Grain Breaded Alaska

Whole Grain



Nutrition Facts

Serving Size: 3.6 OZ
 Household Serving Size: 1 piece
 Number of Servings per Package: 88

Amount Per Serving		
Calories	220	Calories from Fat: 80
Per Serving		
	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	45 mg	15%
Sodium	300 mg	13%
Total Carbohydrate	20 g	7%
Dietary Fiber	2 g	8%
Sugars	0 g	
Protein	13 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
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	Pack	Type Of Catch
53258	10070737532584	1 X 20 LB	Wild

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	TlxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

ALASKA POLLOCK 71.3%. BREADING & BATTER 28.7%: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA DEXTRIN, YEAST, SALT, SUGAR, ONION POWDER, YEAST EXTRACT, GARLIC POWDER, DEHYDRATED GARLIC, NATURAL FLAVORS, DEHYDRATED ONION, MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE). PARFRIED IN CANOLA AND/OR SOYBEAN OIL. CONTAINS: POLLOCK, WHEAT. CONATINS 9G WHOLE GRAIN PER 3.6 OZ SERVING.

Prep & Cooking Suggestions:

Cook from frozen state. Cook to an internal temperature of 165F. Conventional Oven: Bake at 400F for approximately 25 minutes. Convection Oven: Bake at 375F for approximately 18 minutes.

Serving Suggestions:

Great as a sandwich!

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

Eggs - NI	Milk - NI
Soy - NI	Wheat - C
Fish - C	Crustacean - NI
Nuts - NI	TreeNuts - NI
Peanuts - NI	

Claims & Child Nutrition:

BAP Certified : No
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 1 piece= 2M/ 1G

Species / Scientific Name:

Pollock

CN Information :

CN Statement : 1 piece= 2M/ 1G

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 53258



**3.6 oz OVEN READY WHOLE GRAIN
BREADED ALASKA POLLOCK RECTANGLES**

KEEP FROZEN
53258

INGREDIENTS: ALASKA POLLOCK 71.3% BREADING & BATTER 28.7% WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA DEXTRIN, YEAST, SALT, SUGAR, ONION POWDER, YEAST EXTRACT, GARLIC POWDER, DEHYDRATED GARLIC, NATURAL FLAVORS, DEHYDRATED ONION, MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), PARFRIED IN CANOLA AND/OR SOYBEAN OIL. CONTAINS: POLLOCK, WHEAT.

CONTAINS 9g WHOLE GRAIN PER 3.6 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 400°F FOR APPROXIMATELY 25 MINUTES. CONVECTION OVEN: BAKE AT 375°F FOR APPROXIMATELY 18 MINUTES.

088688
One 3.6 oz. Oven Ready Whole Grain Breaded Pollock Rectangle provides 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 09-13)

NET WEIGHT 20 LBS. (9.08Kg)

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



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

Amount Per Serving	%Daily Value*
Calories 220 Calories from Fat 80	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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	30g	37.5g
Dietary Fiber	25g	30g

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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

Nutrition Facts

Serving Size: 3.6 OZ
 Household Serving Size: 1 Piece
 Number of Servings per Package: 89

Amount Per Serving		
Calories	220	Calories from Fat: 80
	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	45 mg	15%
Sodium	300 mg	13%
Total Carbohydrate	20 g	7%
Dietary Fiber	2 g	8%
Sugars	0 g	
Protein	13 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
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	Pack	Type Of Catch
53328	10070737533284	1 X 20 LB	Wild

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	TlxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

Pollock 71.3%. Breading & Batter 28.7%: water, whole wheat flour, enriched wheat flour (flour, niacin, Iron, thiamine mononitrate, riboflavin, folic acid), tapioca dextrin, yeast, salt, sugar, onion powder, yeast extract, garlic powder, dehydrated garlic, natural flavors, dehydrated onion, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate). Parfried In canola and/or soybean oil. Contains: Pollock and Wheat.

Prep & Cooking Suggestions:

Cook from frozen state. Cook to an internal temperature of 165°F. Conventional Oven: Bake at 400°F for approximately 25 minutes. Convection Oven: Bake at 375°F for approximately 18 minutes.

Serving Suggestions:

Great as a sandwich!

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

Eggs - N	Milk - N
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified : No
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/ 1G

Species / Scientific Name:

Pollock

CN Information :

CN Statement : 2M/ 1G

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafoods 53328



**3.6 oz OVEN READY WHOLE GRAIN
BREADED ALASKA POLLOCK HOAGIE**

KEEP FROZEN

INGREDIENTS: ALASKA POLLOCK 71.3%, BREADING & BATTER 28.7%, WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA DEXTRIN, YEAST, SALT, SUGAR, ONION POWDER, YEAST EXTRACT, GARLIC POWDER, DEHYDRATED GARLIC, NATURAL FLAVORS, DEHYDRATED ONION, MODIFIED CORN STARCH, YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), PARFRIED IN CANOLA AND/OR SOYBEAN OIL.
CONTAINS: POLLOCK, WHEAT.

CONTAINS 9g WHOLE GRAIN PER 3.6 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F.
CONVENTIONAL OVEN: BAKE AT 400°F FOR APPROXIMATELY 25 MINUTES.
CONVECTION OVEN: BAKE AT 375°F FOR APPROXIMATELY 18 MINUTES.

53328



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089627

One 3.60 oz. Oven Ready Whole Grain Breaded Pollock Hoagie provides 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 01-14)

NET WEIGHT 20 LBS. (9.08Kg)

EST # 041

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

Nutrition Facts
Serving Size 1 Piece (102g)
Servings Per Container About 89

Amount Per Serving	%Daily Value*
Calories 220	Calories from Fat 80
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 13g	

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

*Percent Daily Values are based on a diet of other people's misdeeds.

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 30mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	37g
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

1.3 oz. Whole Grain Potato Crunch Alaska Pollock

Whole Grain Compliant



Nutrition Facts

Serving Size: 3.9 OZ
 Household Serving Size: 3 Pieces
 Number of Servings per Package: 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
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Product Specifications:

Code	GTIN	Pack	Type Of Catch
53448	10070737534489	1 X 20 LB	Wild

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	TlxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.021 CF	11x4	547 Days	-15 FA / -14 FA

Ingredients :

Alaska Pollock 65.8%. 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!

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

Eggs - N	Milk - N
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified :	No
MSC Certified :	Yes
Has CN Statement :	Yes
CN Statement :	3= 2M/ 1G

Species / Scientific Name:

Pollock

CN Information :

CN Statement : 3= 2M/ 1G

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 53448



**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.

MSC
Verified Sustainable Seafood
www.msccertified.com

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



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CN

086957

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

Nutrition Facts

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

Amount Per Serving		%Daily Value*	
Calories 260 Calories from Fat 150			
Total Fat 16g		25%	
Saturated Fat 1.5g		3%	
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 diet of 2,000 calories. 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

NET WEIGHT 20 LBS. (9.08Kg)



EST # 041

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-869-3694
www.highlinerfoods.com

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

O/R Whole Grain Swt Potato AK Pollock Nuggets 1 oz.

Meets CN Whole Grain Rich requirements. Delicious coating with real sweet potato, 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

Number of Servings per Package: 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	Pack	Type Of Catch
53978	10070737539781	1 X 10 LB	Wild

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	TlxHI	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%. Breeding & Batter 35.8%: Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), dehydrated sweet potatoes (sweet potatoes, sugar, sodium acid pyrophosphate, tetrasodium pyrophosphate), sugar, modified corn starch, salt, whole 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.

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

Eggs - N	Milk - N
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified : No
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 4= 2M/ 1G

Species / Scientific Name:

Pollock

CN Information :

CN Statement : 4= 2M/ 1G
 Suggested Bid : (4) 1oz. Nuggets = 2M/1G
 Meat/Meat Alternative : (4) 1oz. Nuggets = 2M/1G
 WholeGrain Credit Calculation : (4) 1oz. Nuggets = 2M/1G

American Pride Seafood 53978



**1 oz. OVEN READY
 CRUNCHY SWEET POTATO
 ALASKA POLLOCK NUGGETS**

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.**



This product comes from a fishery that has been independently certified to the MSC standard for a well managed and sustainable fishery. www.msc.org C-0-C-1301



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KEEP FROZEN

53978

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)

NET WEIGHT 20 LBS. (9.08kg)

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



EST # 041

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 diet of other people's secrets.

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	30g	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

3.6 oz. Oven Ready Whole Grain Rich Breaded Pollock

Delicious whole grain breading meets USDA Child Nutrition requirements. Ready to cook IQF portions. Stand 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. MSC Certified.

Nutrition Facts			
Serving Size: 3.6 OZ			
Household Serving Size: 1 Piece			
Number of Servings per Package: 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	Pack	Type Of Catch
53998	10070737539989	1 X 20 LB	Wild

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	TlxHI	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.

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

Eggs - N	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified : No
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/ 1G

Species / Scientific Name:

Pollock

CN Information :

CN Statement : 2M/ 1G

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

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 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 30mg	30mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	37g
Dietary Fiber	25g	30g

Calories per gram
Fat 9 Carbohydrate 4 Protein 4

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 (four, 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 CN

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 CN

NET WEIGHT 20 LBS. (9.08Kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-880-3664
www.highlinerfoods.com

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



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EST # 041

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



Golden Crunchy Whole Grain Breaded AK Pollock

100% Child Nutrition compliant. Packed with beneficial Omega-3 fatty acids and made to meet your dietary needs at an affordable price. CN LABEL # 075784. Provides 2 Meat / 1 Grain.



Nutrition Facts

Serving Size: 3.6 OZ
 Household Serving Size: 1 piece
 Number of Servings per Package: 80

Amount Per Serving		
Calories	190	Calories from Fat: 60
Per Serving		
	Per Serving	% Daily Value*
Total Fat	7 g	11%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	250 mg	10%
Total Carbohydrate	16 g	5%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	0%	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	Pack	Type Of Catch
1089300	10035493893003	4 X 4.5 LB	

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	TlxHI	Shelf Life	Storage Temp
19.82 IN	12.07 IN	6.825 IN	0.94487	8x6	547 Days	-15 FA / -14 FA

Ingredients :

71.3% ALASKA POLLOCK; 28.7% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, 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 portions on pan leaving space between pieces. ; Conventional Pre-Heated Oven: Bake at 425F for 20 -22 minutes. ; Convection Pre-Heated Oven: Bake at 375F for 15-17 minutes.

Serving Suggestions:

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

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

Eggs - N	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

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

Species / Scientific Name:

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

INDIVIDUALLY
QUICK FROZEN
KEEP FROZEN



DO NOT
REFREEZE

2558712



**Oven Ready Whole Grain
Golden Crunchy Breaded
Alaska Pollock Rectangles**
80 - 3.6 oz Fish Portions

Cooking Instructions: Cook Frozen.
Place parchment paper on a shallow metal baking sheet. Place portions on pan leaving space between pieces.
Conventional Pre-Heated Oven:
Bake at 425°F for 20-22 minutes.
Convection Pre-Heated Oven: Bake at 375°F for 15-17 minutes.
NOTE: Cook to an internal temperature of 165°F minimum.

1089300

INGREDIENTS: 71.3% ALASKA POLLOCK; 28.7% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT FLOUR, YELLOW CORN MEAL, YELLOW CORN FLOUR, SUGAR, BAKING YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, TEXTURIZERS OF PAPRIKA, ANNATTO, AND TURMERIC (COLORS), BLEND OF CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. (CONTAINS FISH (POLLOCK), WHEAT, MILK)



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#: 000000000

1089300

ONE 3.60 OZ FRIED WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT WHOLE GRAIN AND 1.00 OZ EQUIVALENT GRAINS FOR COMMERCE. (USE OF THIS PATTERN MEETS THE REQUIREMENTS OF THE FOOD AND NUTRITION LABELING ACT (21 CFR 101.12) AND THE NATIONAL ORGANIC STANDARDS BOARD (USDA 05-13).

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



NET WT 18 Lb (8.16 kg)

Copy document for Fish Meal Requirements

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods



Golden Crunchy Whole Grain Breaded Pollock Nugget

100% CN compliant. Packed with beneficial Omega-3 fatty acids. CN LABEL # 075785. Provides 2 Meat / 1.5 Grain.



Nutrition Facts

Serving Size: 112 GR

Household Serving Size: 4 piece

Number of Servings per Package: 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
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Product Specifications:

Code	GTIN	Pack	Type Of Catch
1089301	10035493893010	4 X 5 LB	Wild

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	TlxHI	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 nuggets 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 11-13 minutes.

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

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

Eggs - N	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Species / Scientific Name:

Pollock

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

INDIVIDUALLY QUICK FROZEN
 KEEP FROZEN
 DO NOT REFREEZE
 2558714



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.
 Conventional Pre-Heated Oven: Bake at 425°F for 14-16 minutes.
 Convection Pre-Heated Oven: Bake at 375°F for 11-13 minutes.
 NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

1089301



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#: 000000000

FOUR 1.00 OZ FRIED WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH NUGGETS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.5 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION LABELING REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA.)

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

1089301

NET WT 20 Lb (9.07 kg)



10035493893010



10035493893010

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods



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: 4 OZ

Household Serving Size: 4 Sticks

Number of Servings per Package: 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	Pack	Type Of Catch
1089302	10035493893027	4 X 5 LB	Wild

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	TlxHI	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.

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

Eggs - N	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

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

Species / Scientific Name:

Pollock

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

2558706



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

FOUR 1.00 OZ FRIED GOLDEN CRUNCHY BREADED FISH STICKS PROVIDE 2.0 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAIN. (7) CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE CN IF THE LABEL AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 06-13).

NET WT 20 Lb (9.07 kg)

Cooking Instructions:
Cook Frozen. Place parchment paper on a shallow metal baking sheet. Place sticks on pan leaving space between pieces.

1089302

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, 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

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



10035493893027



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 # 000000000

1089302



10035493893027

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 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! PUF1 & CN, AHG, HUSSC



Nutrition Facts

Serving Size: 4 OZ
 Household Serving Size: 4 PC
 Number of Servings per Package: 80

Amount Per Serving		
Calories	240	Calories from Fat: 80
Per Serving		
	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	Pack	Type Of Catch
1089865	10035493898657	4 X 5 LB	Wild

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	TlxHI	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 Sailor Man Spinach Dipping Sauce

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

Eggs - N	Milk - N
Soy - C	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

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

Species / Scientific Name:

Pollock

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

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2558722



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

FOUR 1.00 OZ PREPARED WHOLE GRAIN BREADED FISH SHAPES PER 1.00 OZ EQUIVALENT MEAT ALTERNATE AND 1.50 OZ EQUIVALENT WHOLE GRAINS FOR CHILD NUTRITION MEAL PATTERNS REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 07-12).

COOKING INSTRUCTIONS:
For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze. Place oven rack in the center of the oven.
CONVECTION OVEN INSTRUCTIONS:
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:
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.

INGREDIENTS: 68.9% SEAFOOD RAW MATERIAL (MINCED POLLOCK, SKIN, POLLOCK, WATER, ALTERNATE PROTEIN PRODUCT (SOY PROTEIN ISOLATE), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, NATURAL FLAVOR), SEASONING BLEND (MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SUGAR, ONION POWDER, GARLIC POWDER, SPICE, NATURAL FLAVOR); 31.1% BATTER AND BREADING (WHEAT FLOUR, WATER, WHOLE GRAIN YELLOW CORN MEAL, MALTODEXTRIN, 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

1089865

LOT#: 000000000

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



NET WT 20 Lb (9.07 kg)

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods



Golden Crunchy Whole Grain Pollock Wedge 3.6 oz

Whole Grains comprise 51% of the coating. Formulated to provide 2 oz of cooked meat. Bread 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! PUFFI & CN, AHG, HUSSC



Nutrition Facts

Serving Size: 101 GR
Household Serving Size: 1 Piece
Number of Servings per Package: 44

Amount Per Serving		
Calories	160	Calories from Fat: 50
Per Serving		
	Per Serving	% Daily Value*
Total Fat	6 g	9%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	280 mg	12%
Total Carbohydrate	16 g	5%
Dietary Fiber	2 g	8%
Sugars	1 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	0%	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	Pack	Type Of Catch
1089877	10035493898770	1 X 10 LB	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.9 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
19.82 IN	6.825 IN	12.07 IN	0.945 CF	15x5	547 Days	-15 FA / -14 FA

Ingredients :

71.3% ALASKA POLLOCK; 28.70% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS 2% OF LESS OF: SALT, YEAST, YEAST EXTRACT, WHEY ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED ONION, NATURAL FLAVOR, YELLOW CORN FLOUR, CORN STARCH, MODIFIED CELLULOSE, CARAMEL COLOR, EXTRACTIVE OF PAPRIKA, ANNATTO, AND TURMERIC (FOR COLOR), EGGS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK, EGGS

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN UNTIL READY TO PREPARE. PLACE FROZEN FISH IN A SINGLE LAYER ON A SHALLOW BAKING PAN. CONVECTION OVEN: PREHEAT OVEN TO 375°F. BAKE PORTIONS FOR 15-18 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F. BAKE PORTIONS FOR 20-25 MINUTES. NOTES: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

P.L.T. with Spicy Mayonnaise (Whole Grain Pollock, Lettuce, and Tomato)

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

Eggs - C	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - N	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

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

Species / Scientific Name:

CN Information :

CN Statement : 1 Piece= 2M/ 1G

Suggested Bid :

Meat/Meat Alternative : Portsmouth 2.5668oz * 0.78 = 2.002 = 2.00oz declared

WholeGrain Credit Calculation : 9.102% Whole Grain / 16.456% Total Grain Component = 55.31% Whole Grain 1 x 3.6oz portion x 0.16456 (% creditable grains from batter + breader) = 0.5924 oz (0.5924 oz Creditable grains/1 portion x 28.35g/oz) / (16.0g/oz equivalent whole grains) = 1.0497 oz equivalent whole grains
Declare: 1.00 oz Equivalent Grains per 1 x 3.6oz Portion

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2568758



EST. # 116



1089877

LOT 0034232110 4232

1089877

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

OVEN READY WHOLE GRAIN BREADED ALASKA POLLOCK 3.6 oz WEDGE PORTIONS

CN 090745

ONE 3.60 oz PREFRIED BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 07/14).

COOKING INSTRUCTIONS -
CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 15-18 minutes.
CONVENTIONAL OVEN: 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 20-25 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 71.30% ALASKA POLLOCK; 28.70% BATTER AND BREADING: WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED SALT, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS 2% OF LESS OF: SALT, YEAST, YEAST EXTRACT, DRIED ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED ONION, NATURAL FLAVOR, YELLOW CORN FLOUR, CORN STARCH, MODIFIED CELLULOSE, CARAMEL COLOR, EXTRACTIVE OF PAPRIKA, ANNATTO, AND TURMERIC (FOR COLOR), EGGS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.

CONTAINS: FISH (POLLOCK), WHEAT, MILK, EGGS

NET WT 10 Lb (4.54 kg)




Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods