

3.6 oz WG Cornmeal AK Pollock Fillets, CN

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

Nutrition Facts

46 Servings per container
Serving Size 1 Portion

Amount Per Serving
Calories 170

| | | % Daily Value* |
|------------------|-------|----------------|
| Total Fat | 8 g | 11% |
| Saturated Fat | 1.5 g | 7% |
| Trans Fat | 0 g | |

| | | |
|---------------------------|--------|------------|
| Cholesterol | 30 mg | 10% |
| Sodium | 490 mg | 21% |
| Total Carbohydrate | 15 g | 5% |
| Dietary Fiber | 1 g | 3% |
| Total Sugars | 0 g | |
| Includes 0 g Added Sugars | | 0% |

| | | |
|----------------|--------|----|
| Protein | 9 g | |
| Vitamin D | 0 mg | 0% |
| Calcium | 0 mg | 0% |
| Iron | 0.7 mg | 4% |
| Potassium | 140 mg | 4% |

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:

| Code | GTIN | Pack | Type Of Catch |
|-------|----------------|-----------|---------------|
| 06646 | 00074638066462 | 1 X 10.35 | Wild |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 11.4 LBR | 10.35 LBR | USA | No | No |

| Shipping Information | | | | | | |
|----------------------|---------|---------|---------|-------|------------|---------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp |
| 15.8 INH | 7.8 INH | 8.6 INH | 0.6 FTQ | 15x5 | 18 | 0 FAH / 0 FAH |

Ingredients:

71.3% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 28.7% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SALT, WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), ONION POWDER. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. SEPARATE AND PLACE PORTIONS IN A SHALLOW PAN. CONVECTION OVEN: Preheat oven to 400°F. Bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F. Bake for 14- 16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE

Serving Suggestions:

school lunch programs, elderly feedings, healthcare

Species / Scientific Name:

Pollock

Claims & Child Nutrition:

BAP Certified :
 MSC Certified :
 Has CN Statement : Yes
 CN Statement : 1 X 3.6 OZ PORTION PROVIDE 2.0 OZ



CN Information :

CN Statement : 1 X 3.6 OZ PORTION PROVIDE 2.0 OZ EQ MEAT AND 0.50 OZ GRAINS
 Suggested Bid :
 Meat/Meat Alternative : 1 x 3.6 OZ PORTION X 0.713 FISH FLESH X 0.78 = 2.002 OZ
 WholeGrain Credit Calculation : 0.3989 OZ PER PORTION X 28.35G = 11.3082/16 = 0.7068 OZ

Label Copy

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



INDIVIDUALLY QUICK FROZEN
 KEEP FROZEN
 DO NOT REFREEZE

Precooked SOUTHERN CORNMEAL WHOLE GRAIN BREADED POLLOCK
 3.6 oz "NORDICA FILLET STYLE" PORTIONS

06646

LOT NUMBER:
 0033306110
 3306 :SB,30,40,0 WAH:mm

WHOLE GRAIN RICH
06646

NET WT 10.35 Lb (4.70 kg)

COOKING INSTRUCTIONS:
 TO BAKE: PREHEAT OVEN. BAKE FOR 12-14 MINUTES @ 400F IN CONVECTION OVEN. OR FOR 14-16 MINUTES @ 450F IN CONVENTIONAL OVEN.
 COOKING INSTRUCTIONS: DEEP FRY FOR 4-5 MINUTES AT 350F OR UNTIL GOLDEN BROWN. DRAIN AND SERVE.
 NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

INGREDIENTS: 68.8% ALASKA POLLOCK, SODIUM TRIPHOSPHATE (TO RETAIN MOISTURE); 17.2% BREADING: WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, WHOLE WHEAT FLOUR, SALT, MODIFIED CORN STARCH, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA, SPICE, ONION POWDER; 14.1% BATTER: WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, SALT, BLEACHED WHEAT FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), GRANULATED GARLIC, DRY WHOLE EGGS, SPICES; 0.8% DRY WHOLE EGGS. FRIED IN SOYBEAN, COTTONSEED, AND/OR CANOLA OIL.

CONTAINS: FISH (POLLOCK), WHEAT, EGGS

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
 FOR INQUIRIES CALL: 1-800-888-2664

High Liner Bid Desk Contact and Specification Verification



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 Email: dawn.enos@highlinerfoods.com

**Precooked SOUTHERN CORNMEAL
WHOLE GRAIN BREADED POLLOCK
3.6 oz "NORDICA FILLET STYLE" PORTIONS**

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE



EST # 116



CN 087782

ONE 3.60 OZ. FRIED BREADED FISH PORTION PROVIDES 2.00 OZ. EQUIVALENT MEAT/MEAT ALTERNATE AND 0.76 OZ. EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA (66-13).

CN

COOKING INSTRUCTIONS:
TO BAKE: PRE-HEAT OVENS. BAKE FOR 12-14 MINUTES @400F IN CONVECTION OVEN, OR FOR 14-16 MINUTES @450F IN CONVENTIONAL OVEN

COOKING INSTRUCTIONS: DEEP FRY FOR 4-5 MINUTES AT 350F OR UNTIL GOLDEN BROWN, DRAIN AND SERVE.

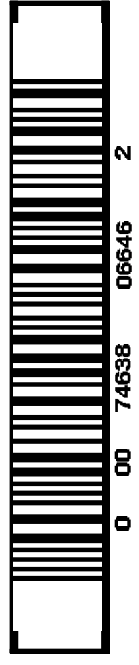
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

INGREDIENTS: 88.00% ALASKA POLLOCK, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE); 17.20% BREADING: WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, WHOLE WHEAT FLOUR, SALT, MODIFIED CORN STARCH, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA, SPICE, ONION POWDER; 14.16% BATTER: WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, GRANULATED GARLIC, DRY WHOLE EGGS, SPICES; 0.68% DRY WHOLE EGGS. FRIED IN SOYBEAN, COTTONSEED, AND/OR CANOLA OIL.

CN CONTAINS: FISH (POLLOCK), WHEAT, EGGS

(46 - 3.6 OZ)

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-880-3684



NET WT 10.35 Lb (4.70 kg)

06646