

15"

OVEN-READY • PRE-COOKED
**BREADED WHOLE GRAIN
 POLLOCK**

3.0 OUNCE FISH SANDWICH PORTIONS

LISTO PARA HORNEAR • PRECOCIDO • ABADEJO INTEGRAL EMPANIZADO
 • PORCIONES PARA SÁNDWICH DE PESCADO DE 3 ONZAS

CN 088367
 One 3.00 oz Prefried Whole Grain Breaded Fish Portion provides 1.50 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 07/13)

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 Una porción de pescado empanizado integral prefrito de 3.00 oz suministra 1.50 oz equivalentes de carne y 1.00 oz equivalente de granos según los requisitos del patrón de alimentos para la nutrición infantil. (El uso de este logotipo y de la declaración está autorizado por el Servicio de Alimentos y Nutrición, USDA 07/13)

2 - 5 LB BAGS
 NET WT/PESO NETO
 10 LB (4.54 kg)



EST. NO. 002

KEEP FROZEN/CONSERVESE CONGELADO

Nutrition Facts/Datos Nutricionales

Serving Size/Tamaño de porción 1 piece/1 pieza (84g)
 Servings Per Container/Porciones por recipiente About/Aprox. 53

Amount Per Serving/Cantidad por porción	% Daily Value*/% de valor diario*
Calories/Calorías 170	
Calories from Fat/Calorías de grasa 50	
Total Fat/Grasa total 6g	9%
Saturated Fat/Grasa saturada 1g	5%
Trans Fat/Grasa trans 0g	
Cholesterol/Colesterol 40mg	13%
Sodium/Sodio 170mg	7%
Total Carbohydrate/Carbohidrato total 17g	6%
Dietary Fiber/Fibra dietética 2g	8%
Sugars/Azúcares 1g	
Protein/Proteína 11g	
Vitamin/Vitamina A 0%	Vitamin/Vitamina C 0%
Calcium/Calcio 2%	Iron/Hierro 4%

ADDITIONAL INFORMATION IS AVAILABLE BY
 CALLING GFS CUSTOMER SERVICE AT 800-968-6474
 OR ONLINE AT gfs.com

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
 *Porcentajes de valores diarios basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades de calorías:

	Calories/Calorías:	2,000	2,500
Total Fat/Grasa total	Less than/Menos de	65g	80g
Saturated Fat/Grasa saturada	Less than/Menos de	20g	25g
Cholesterol/Colesterol	Less than/Menos de	300mg	300mg
Sodium/Sodio	Less than/Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidrato total		300g	375g
Dietary Fiber/Fibra dietética		25g	30g

INGREDIENTS: 64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: 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), WHEAT.

INGREDIENTES: 64.2% DE ABADEJO DE ALASKA; 35.8% DE REBOZO Y EMPANIZADO; HARINA DE TRIGO INTEGRAL, AGUA, ALMIDÓN DE MAÍZ MODIFICADO, MAÍZ AMARILLO INTEGRAL MOLIDO, HARINA DE TRIGO ENRIQUECIDA, (HARINA, NIACINA, SULFATO FERROSO, MONONITRATO DE TIAMINA, RIBOFLAVINA, ÁCIDO FÓLICO), CONTIENE 2% O MENOS DE: AZÚCAR, LEVADURA, AJO EN POLVO, CEBOLLA EN POLVO, SAL, ESPECIAS, SÓLIDOS DE JARABE DE MAÍZ, FERMENTO (BICARBONATO DE SODIO, FOSFATO ALUMÍNICO DE SODIO), JUGO DE LIMÓN CONCENTRADO, SABOR NATURAL, ÁCIDO CÍTRICO, PREFRITOS EN ACEITE DE CANOLA, DE SEMILLA DE ALGODÓN O DE SOYA.
CONTIENE: PESCADO (ABADEJO), TRIGO.

PREPARATION INSTRUCTIONS:
 Keep frozen until ready to use. Do not refreeze.

CONVECTION OVEN:
 Preheat oven to 425°F. Place frozen fish in a single layer on a nonstick baking sheet, then place on center rack in oven. Bake for 17-20 minutes, turning fish halfway through cooking.
CONVENTIONAL OVEN:
 Preheat oven to 450°F. Place frozen fish in a single layer on a nonstick baking sheet, then place on center rack in oven. Bake for 18-20 minutes, turning fish halfway through cooking.

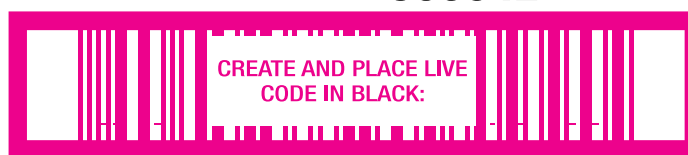
NOTE: Appliances vary, adjust accordingly. Product must be cooked to an internal temperature of 165°F as measured by a thermometer.

INSTRUCCIONES DE PREPARACIÓN:
 Manténgalo congelado hasta que esté listo para usarlo. No lo vuelva a congelar.

HORNO DE CONVECCIÓN:
 Precaliente el horno a 425 °F. Coloque el pescado congelado en una sola capa en una bandeja para hornear antiadherente y luego coloque sobre la parrilla intermedia del horno. Hornee de 17 a 20 minutos, dando vuelta al pescado a la mitad del tiempo de cocción.
HORNO CONVENCIONAL:
 Precaliente el horno a 450 °F. Coloque el pescado congelado en una sola capa en una bandeja para hornear antiadherente y luego coloque sobre la parrilla intermedia del horno. Hornee de 18 a 20 minutos, dando vuelta al pescado a la mitad del tiempo de cocción.

NOTA: Los electrodomésticos varían, ajuste según corresponda. El producto debe cocinarse a una temperatura interna de 165 °F según lo mida un termómetro.

Reorder No. **509642**
 No. de Reorden



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DIE: FROM PU		UPC / SCC CODE: 10093901751406	
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