

### 3.6 oz. Whole Grain Potato Crunch Alaska Pollock

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



## Nutrition Facts

Serving Size: 101 GR

Household Serving Size: 1 Piece

Number of Servings per Package: 88

Amount Per Serving

Calories 220 Calories from Fat: 120

	Per Serving	% Daily Value*
<b>Total Fat</b>	13 g	%
Saturated Fat	1.5 g	%
Trans Fat	0 g	
<b>Cholesterol</b>	35 mg	%
<b>Sodium</b>	200 mg	%
<b>Total Carbohydrate</b>	12 g	%
Dietary Fiber	0 g	%
Sugars	0 g	
<b>Protein</b>	14 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	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
53228	10070737532287	1 X 20 LB	

Brand	GPC Description
High Liner Foodservice	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	1.0208	11x4	547 Days	-15 FA / -14 FA

## Ingredients :

Alaska Pollock 71.3%. Breading and batter 28.7%: 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, oil, spice extractive, par-fried in canola and/or soybean oil. Contains: Pollock, wheat.

## Prep & Cooking Suggestions:

Cook from frozen state. Cook to an internal temperature of 165 degrees F. Conventional oven: Bake at 400 degrees for approx. 27 minutes. Convection oven: Bake at 375 degrees F for approx. 22 minutes

## Serving Suggestions:

As an entree

## 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 : No  
 MSC Certified : Yes  
 Has CN Statement : Yes  
 CN Statement :

## Species / Scientific Name:

**CN Information :**

CN Statement :

Suggested Bid : (1) 3.6oz Wedge = 2M/05.G

Meat/Meat Alternative : (1) 3.6oz Wedge = 2M/05.G

WholeGrain Credit Calculation : (1) 3.6oz Wedge = 2M/05.G



**3.6 oz. WHOLE GRAIN POTATO CRUNCH ALASKA POLLOCK WEDGES**

**KEEP FROZEN**  
**53228**

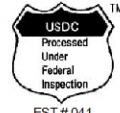
**INGREDIENTS:** ALASKA POLLOCK 71.3% BREADING & BATTER 28.7% WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE), DRY POTATO MIX (POTATOES, CORN STARCH, GUAR GUM, SALT, METHYLCELLULOSE), 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.**  
**CONTAINS 6g 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 27 MINUTES.  
**CONVECTION OVEN:** BAKE AT 375°F FOR APPROXIMATELY 22 MINUTES.

085958  
One 3.60 oz. Whole Grain Potato Crunch Pollock Wedge provides  
2.00 oz. equivalent meat and 0.50 oz. equivalent grain for Child  
Nutrition Meal Pattern Requirements. (Use of this logo and state-  
ment authorized by the Food and Nutrition Service, USDA 2-13)

**NET WEIGHT 20 LBS. (9.08Kg)**



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

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

Amount Per Serving		%Daily Value*
<b>Calories</b> 220 Calories from Fat 120		
<b>Total Fat</b> 13g		<b>20%</b>
Saturated Fat 1.5g		<b>8%</b>
Trans Fat 0g		
<b>Cholesterol</b> 35mg		<b>12%</b>
<b>Sodium</b> 200mg		<b>8%</b>
<b>Total Carbohydrate</b> 12g		<b>5%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 14g		
Vitamin A 0%	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
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Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram  
Fat 9 Carbohydrate 4 Protein 4



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*Kathy Gilmore* Date: 11/14/2013

**Kathy Gilmore, Quality Engineer**  
**High Liner Foods**



# Whole Grain Oven Ready 53228 Potato Breaded Alaska Pollock Wedges



## 3.6 OZ

INDIVIDUALLY  
QUICK FROZEN  
KEEP FROZEN  
DO NOT  
REFREEZE

2562704



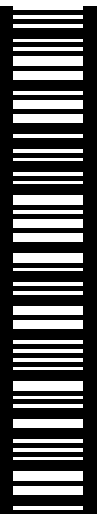
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**COOKING INSTRUCTIONS FROM FROZEN:**  
CONVENTIONAL OVEN: Bake at 400°F for approximately 27 minutes.  
CONVECTION OVEN: Bake at 375°F for approximately 22 minutes.

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

**INGREDIENTS:** 71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE), WATER, CORN SYRUP, POTATO FLAKES (POTATOES, MONOGLYCERIDES), SALT, TAPIOCA STARCH, RICE FLOUR, POTATO STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, PALM OIL, DEXTROSE, SUGAR, NATURAL FLAVOR. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.  
CONTAINS: FISH (POLLOCK), WHEAT

### NET WT 20 Lb (9.07 kg)



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LOT #:

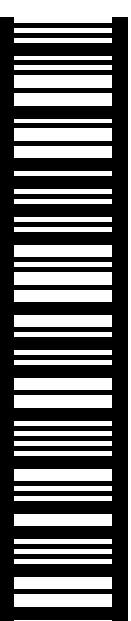
CN \_\_\_\_\_ 096049  
One 3.60 oz. Whole Grain Oven Ready  
Potato Breaded Pollock Wedge provides 2.00 oz.  
equivalent meat and 0.75 oz. equivalent grain for  
CN  
Child Nutrition Meal Pattern Requirements. (Use of  
this logo and statement authorized by the Food  
and Nutrition Service, (USDA) 7-23-17)  
CN \_\_\_\_\_



is a U.S. certified  
sustainable fishery.  
www.msc.org  
#MSC-C-50552

## 53228

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



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