HIGH LINER FOODS

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

Fully prepared, oven ready and breaded with real sweet potato, this favorite school lunch fish is a unique offering. Available in either fillets or nuggets, there are multiple menu options to keep students enjoying seafood time after time.

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	

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	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp
14 IN	12 IN	10.5 IN	1.0208	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.

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 :
MSC Certified :
Has CN Statement : Yes
CN Statement : 4= 2M/ 1G

Species / Scientific Name:

Alaska 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

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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: 22 April 2016

HIGH LINER FOODSERVICE™

Oven Ready Crunchy Sweet Potato Alaska Pollock Nuggets 1 oz

53978

WHOLE GRAIN RICH

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2560635

USDC™ Processed Under Federal Inspection

EST. # 002

COOKING INSTRUCTIONS: Cook from frozen state.
CONVENTIONAL OVEN: Bake at 400°F for approximately 15 minutes.
CONVECTION OVEN: Bake at 375°F for approximately 10 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: ALASKA POLLOCK 64.2%. BREADING & BATTER 35.8%: WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DEHYDRATED SWEET POTATOES (SWEET POTATOES, SUGAR, CARROT POWDER, NATURAL FLAVOR, SODIUM ACID PYROPHOSPHATE, TETRASODIUM PYROPHOSPHATE), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SUGAR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, YEAST, SALT, WHOLE YELLOW CORN FLOUR, YELLOW CORN FLOUR, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA (FOR COLOR), LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE), GUM ARABIC. PREFRIED IN CANOLA, COTTONSEED AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT

NET WT 20 Lb (9.08 kg)

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LOT:

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org™ #MSC-C-50552

From an MSC certified sustainable fishery.
www.msc.org

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Four 1.00 oz. Oven Ready 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 04/2016)

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

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