

### 3.6 oz WG Sweet Potato AK Pollock Fillet, CN

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: 101 GR

Household Serving Size: 1 Piece

Number of Servings per Package: 80

Amount Per Serving

Calories 200 Calories from Fat: 60

	Per Serving	% Daily Value*
<b>Total Fat</b>	7 g	11%
Saturated Fat	1 g	5%
Trans Fat	0 g	
<b>Cholesterol</b>	50 mg	17%
<b>Sodium</b>	150 mg	6%
<b>Total Carbohydrate</b>	18 g	6%
Dietary Fiber	1 g	4%
Sugars	5 g	
<b>Protein</b>	14 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	20%	<b>Vitamin C</b>	2%
<b>Calcium</b>	0%	<b>Iron</b>	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
1089870	10035493898701	1 X 18 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
19.8 LBR	18.0 LBR	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
19.82	12.07	6.825	0.9449	8x6	547 Days	-15 FAH / -14

## Ingredients :

71.3% ALASKA POLLOCK. 28.7% BATTER AND BREADING; 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 (ALASKA POLLOCK), 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 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 15-18 minutes. CONVENTIONAL OVEN INSTRUCTIONS Place oven rack in the center of the oven. Preheat oven to 450°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 20-25 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:

Sa-weet! Potato Pollock over Apple Arugula Salad with Walnuts

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

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

## Claims & Child Nutrition:

BAP Certified :

MSC Certified :            Yes

Has CN Statement :        Yes

CN Statement :

## Species / Scientific Name:

Alaska Pollock





INDIVIDUALLY  
QUICK FROZEN

KEEP FROZEN

DO NOT  
REFREEZE

2560708



EST. # 002

# Whole Grain Oven Ready 1089870 Crunchy Breaded Sweet Potato Pollock Fillets

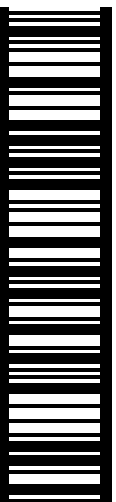


## 3.6 OZ

**COOKING INSTRUCTIONS:** Place frozen fish in a single layer on a shallow baking pan. Preheat oven. CONVENTIONAL OVEN: Bake at 450°F for 25-30 minutes. CONVECTION OVEN: Bake at 375°F for 18-23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

**INGREDIENTS:** ALASKA POLLOCK 71.3%, BATTER & BREADING 28.7%, 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, TETRA SODIUM 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, PARFRIED IN CANOLA, COTTONSEED AND/OR SOYBEAN OIL.  
CONTAINS: FISH (ALASKA POLLOCK), WHEAT

## NET WT 18 Lb (8.16 kg)



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LOT#:

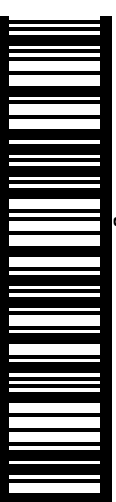


From an MSC certified sustainable fishery.  
www.msc.org  
#MSC-C-50552

CN 094859  
One 3.60 oz. Whole Grain Crunchy Breaded Sweet Potato  
Fish Portion provides 2.00 oz. equivalent meat and 1.00 oz. CN  
equivalent grain for Child Nutrition Meal Pattern Require-  
ments. (Use of this logo and statement authorized by the  
Food and Nutrition Service, U.S.D.A. (6/2016)  
CN **1089870**

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