

Sandwich Iceland Style Par Fried Whole Grain

Bring fun to lunchtime with star and fish shaped nuggets as well as sandwich and entrée portions. Fortified with whole grains and soy protein, you can feel good about offering these nutritious oven baked Pollock portions.

Nutrition Facts

40 Servings per container

Serving Size 1 PORTION

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 25 mg **8%**

Sodium 770 mg **33%**

Total Carbohydrate 21 g **8%**

Dietary Fiber 2 g **6%**

Total Sugars 1 g

Includes 1 g Added Sugars **1%**

Protein 13 g

Vitamin D 0 mg 0%

Calcium 30 mg 2%

Iron 1.8 mg 10%

Potassium 220 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
10020622	00079149206222	1 X 10.00	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10 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:

66.0% SEAFOOD MIX {52.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 8.9% WATER; 2.8% VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN); 1.5% SEASONING (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVORS)}; 34.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF

Serving Suggestions:

ENTREE, SANDWICH

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement : 1 X 4.0 OZ PORTION WITH VPP



CN Information :

CN Statement : 1 X 4.0 OZ PORTION WITH VPP PROVIDES 2.0 OZ EQ MEAT/MEAT ALT AND 1.5 OZ GRAINS
 Suggested Bid :
 Meat/Meat Alternative : 2.583 OZ PORTION WITH VPP X 0.78 = 2.01 OZ
 WholeGrain Credit Calculation : 0.9010 OZ PER PORTION X 28.35G =25.5438/16=1.5965 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.

888 91614
 INDIVIDUALLY
 QUICK FROZEN
 KEEP FROZEN
 DO NOT
 REFREEZE
 2559399



10020622

SeaFit
Sandwich Iceland Style
Par Fried Whole Grain Breaded
Fish Portions 4 oz
 With Vegetable Protein Product
NET WT 10 Lb (4.54 kg)

COOKING INSTRUCTIONS:
 CONVENTIONAL OVEN: Bake at 425°F for 15-18 minutes.
 CONVECTION OVEN: Bake at 400°F for 12-15 minutes.
 NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.
INGREDIENTS: 88.0% SEAFOOD MIX (FISH 82.8% (12% POLLOCK, 1.55% WATER, 0.05% SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)), WATER: 8.9%, VEGETABLE PROTEIN PRODUCT: 2.8% (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN), SEASONINGS: 1.5% (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVORS, POLYSPHATE 80 (EMULSIFIER)), BATTER & BREADING: 34.0% (WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR, FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, YEAST, PRESERVED WITH ACETIC ACID), YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION CARAMEL COLOR, FRUCTOOLIGOSACCHARIDE, ANNATTO AND TURMERIC (COLOR), PREPARED IN A FACILITY THAT ALSO CONTAINS AND/OR SOYBEAN OIL. CONTAINS FISH (POLLOCK) AND WHEAT. 5% MILK.

CN 091889
 NET 4.00 OZ FRIED WHOLE GRAIN BREADED FISH PORTION WITH VEGETABLE PROTEIN PRODUCT PROVIDES 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 12/14). CN

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
 FOR INQUIRIES CALL: 1-800-860-3664
 www.highlinerfoods.com



00079149206222



10020622



00079149206222

High Liner Bid Desk Contact and Specification Verification

Dawn Enos / Sales Operations Manager k12
 PH: 603-818-5334
 Email: dawn.enos@highlinerfoods.com

800
91014

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2559369



10020622

COOKING INSTRUCTIONS:
CONVENTIONAL OVEN: Bake at 425°F for 15-18 minutes.
CONVECTION OVEN: Bake at 400°F for 12-15 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 66.0% SEAFOOD MIX (FISH: 52.8% [51.2% POLLOCK, 1.55% WATER, 0.05% SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; WATER: 8.9%; VEGETABLE PROTEIN PRODUCT: 2.8% (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN), SEASONINGS: 1.5% [SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVORS, POLYSORBAT 80 (EMULSIFIER)]. BATTER & BREADING: 34.0%; WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS 2% LESS OF WHOLE CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, YEAST, DRIED WHEAT, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTS OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREPARED IN CALIFORNIA. CONTAINS FISH (POLLOCK), WHEAT, SOY MILK.

Seafit™

Sandwich Iceland Style Par Fried Whole Grain Breaded Fish Portions 4 oz

With Vegetable Protein Product

NET WT 10 Lb (4.54 kg)

CN _____ 091889
NET 4.00 OZ FRIED WHOLE GRAIN BREADED FISH PORTION WITH VEGETABLE PROTEIN
PRODUCT PROVIDES 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.50 OZ
EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS
LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 12/14).
CN _____

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



00079149206222



10020622



00079149206222

Copy not for documenting

Meal Requirements