

1 oz WG Golden Crunchy AK Pollock Sticks, CN

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.



Nutrition Facts

40 Servings per container

Serving Size **4 Sticks**

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 8 g **12%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 50 mg **17%**

Sodium 280 mg **12%**

Total Carbohydrate 23 g **8%**

Dietary Fiber 2 g **8%**

Total Sugars 1 g

Includes g Added Sugars **%**

Protein 15 g

Vitamin D mg %

Calcium mg 2%

Iron mg 8%

Potassium mg %

*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
1089302	10035493893027	4 X 5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 INH	9.5 INH	11.5 INH	1.1 FTQ	12x3	547 Days	-15 FAH / -14 FAH

Ingredients:

64.2% ALASKA POLLOCK; 35.8% 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), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.
CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Pollock

Claims & Child Nutrition:

BAP Certified :
MSC Certified : Yes
Has CN Statement : Yes
CN Statement : 2M/1.5G

CN Information :

CN Statement : 2M/1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : $0.6420 \text{ oz} * 0.78 = 0.5008 \times 4 = 2.0030 = 2.00\text{oz}$ declared

WholeGrain Credit Calculation : $12.5278\% \text{ Whole Grain} / 22.7328\% \text{ Total Grain Component} = 55.1089\% \text{ Whole Grain}$ 4 x 1.0oz Stick x 0.225592 (% Creditable Grains from Batter & Breader) = 0.9024 oz creditable grains/4x1oz sticks (0.9093 oz Creditable Grains/4 sticks x 28.35g/oz) / (16.0 g/oz equiv whole grains) = 1.6112 oz equiv whole grains/ 4 sticks DECLARE 1.50 oz Equivalent Grains / 4 sticks

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.

High Liner Bid Desk Contact and Specification Verification



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