



**POLLOCK, 3 OZ, WILD, WHOLE GRAIN BREADED  
RECTANGLE PRECOOKED OVEN READY, CN**

BREADED POLLOCK 3 OZ RECTANGLE FISH PORTION.  
TRIDENT SEAFOODS' LINE OF WHOLE GRAIN BREADED AND UNBREADED ALASKA POLLOCK ITEMS ALLOW YOU TO MEET CHANGING NSLP CHILD NUTRITION GUIDELINES WHILE CONTINUING TO PROVIDE THE SAME GREAT TASTING PRODUCTS YOUR STUDENTS HAVE ALWAYS LOVED. ALL NATURAL, SUSTAINABLY HARVESTED AND COATED WITH CRISPY WHOLE GRAIN CRUMB OR POTATO CRUST, TRIDENT CHILD NUTRITION PRODUCTS ALLOW



Product Last Saved Date: 14 June 2018

**Nutrition Facts**

53 Servings per container

**Serving Size 1 PIECE (85 g)**

**Amount Per Serving**  
**Calories 160**

**% Daily Value\***

**Total Fat 7 g 11%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol 30 mg 10%**

**Sodium 250 mg 10%**

**Total Carbohydrate 14 g 5%**

Dietary Fiber 2 g **8%**

Total Sugars 0 g

Includes g Added Sugars %

**Protein 11 g**

Vitamin D mg %

Calcium mg 2%

Iron mg 6%

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:**

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
418317	548942	00028029183177	1 X 10 LBR	

Brand	Brand Owner	GPC Description
Trident Seafoods	Trident Seafoods Corp.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.5 LBR	10 LBR	USA	Undeclared	Yes

**Shipping Information**

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9.938 INH	6.25 INH	.5392 FTQ	12x 7	730	-10 FAH / 0 FAH

**Ingredients :**

64.2% FISH (ALASKA POLLOCK) 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE. CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY

**Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info**

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

**Handling Suggestions :**

KEEP FROZEN BELOW 0°F UNTIL READY TO USE.

**Benefits :**

ONCE FROZEN GENUINE ALASKA POLLOCK. NSLP COMPLIANT WHOLE GRAIN BREADING. USDA COMMODITY APPROVED OPTIONS.

**Serving Suggestions :**

VERY SLIGHTLY SEASONED PORTIONS, IT HAS A MILD FLAVOR AND A LIGHT CRUNCH. GOOD SERVED ON A BUN WITH FRIES ON THE SIDE.

**Prep & Cooking Suggestions :**

COOKING INSTRUCTIONS: \* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED - COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 400° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 13 TO 15 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425° F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 18 TO 20 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. \* COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

**More Information :**

EMAIL: CONSUMERAFFAIRS@TRIDENTSEAFOODS.COM ; TELEPHONE: 1-866-413-4749

# CHILD NUTRITION

*Premium Quality, once-frozen Wild Alaska Pollock*

Hot & Spicy  
Wild Alaska  
Pollock Sandwich

- 100% "BUY AMERICAN" COMPLIANT
- ABUNDANT & SUSTAINABLE WILD ALASKA POLLOCK
- 100% SUBSTITUTABLE COMMODITY PRODUCTS
- USDA COMMODITY APPROVED OPTIONS





3.6oz. Hot & Spicy Wild Alaska Pollock Sandwich



1 oz. Potato Encrusted Wild Alaska Pollock Sticks



# PRODUCTS THAT MEET ALL YOUR NEEDS

100% “Buy American” compliant, Trident Seafoods’ line of whole-grain breaded and unbreaded Wild Alaska Pollock items allow you to meet changing NSLP Child Nutrition Guidelines while continuing to provide the same great-tasting products your students have always loved.

All natural, sustainably harvested, and coated with crispy whole-grain or potato crust, Trident’s Child Nutrition products keep you ahead of the curve – easily and affordably.

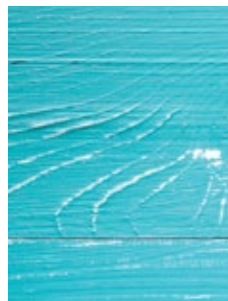
2.8oz. Wild Alaska Pollock Burger



3.6 oz. Breaded Wild Alaska Pollock Hoagie

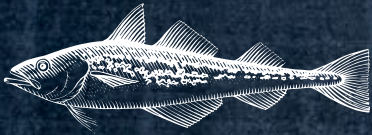


2.6 oz. Unbreaded Wild Alaska Pollock Portion

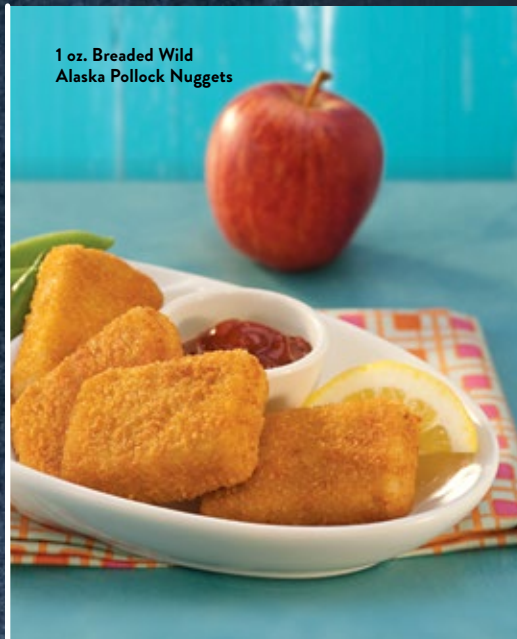




# MEET COD'S DELICIOUS COUSIN



WILD ALASKA POLLOCK IS A MEMBER OF THE COD FAMILY, WITH A SIMILAR FLAVOR, TEXTURE, AND APPEARANCE



1 oz. Breaded Wild Alaska Pollock Nuggets

## WILD ALASKA POLLOCK



IS THE MOST ABUNDANT CERTIFIED-SUSTAINABLE WILD FISH IN THE WORLD



1.0 oz. All Natural Ultimate Fishstick™



1 oz. Breaded Ocean Treasures™

# WILD ALASKA POLLOCK HAS A LOWER CARBON FOOTPRINT



THAN BEEF, CHICKEN, PORK, AND MOST OTHER LAND-BASED PROTEINS



4.0 oz. Breaded Wild Alaska Pollock Portion

# WILD ALASKA POLLOCK IS AN EXTRA-LEAN PROTEIN

THAT IS NATURALLY LOW IN SATURATED FAT AND CHOLESTEROL

IT IS ALSO A NATURAL SOURCE OF OMEGA-3 FATTY ACIDS AND HIGH IN VITAMIN B12





# HEALTHY SEAFOOD, HEALTHY KIDS

Trident Seafoods' line of whole-grain breaded and unbreaded Wild Alaska Pollock items allow you to meet changing NSLP Child Nutrition guidelines while continuing to provide the same great-tasting products your students have always loved. All natural, sustainably harvested and coated with crispy whole-grain crumb or potato crust, Trident Child Nutrition products allow you to be ahead of the curve — easily and affordably.

For more information including recipes and ingredient statements, please visit [tridentseafoods.com](http://tridentseafoods.com)



## GENUINE ALASKA POLLOCK PRODUCERS: THE WORLD'S BEST WILD SEAFOOD FROM A SUSTAINABLY MANAGED FISHERY

Trident Seafoods is dedicated to the healthy future of America's school nutrition programs. That's why we continue to offer new and exciting products in our Child Nutrition line of premium, once-frozen Wild Alaska Pollock items. The Genuine Alaska Pollock Producers logo ([www.alaskapollock.org](http://www.alaskapollock.org)) — together with Trident's own "source

to plate" traceability system — is your assurance that the seafood we offer schools has been wild-caught sustainably by a modern U.S. fishing vessel in the pristine waters off Alaska. The GAPP logo also guarantees that the portions you buy from Trident are processed at their peak of freshness and "once frozen" to maintain their mild flavor and natural flaky texture.



## ALASKA POLLOCK: THE HEALTHY NEW COMMODITY OPTION

Wild Alaska Pollock is available to schools through the USDA Food Program, and Trident Seafoods is leading the way with a selection of qualifying products in a wide variety of popular formats.

Serve seafood affordably with our premium line of whole grain breaded and unbreaded Child Nutrition items that already meet or exceed the USDA guidelines. Ask your distributor today — many of your longtime favorites are eligible for commodity processing.

### PACK INFORMATION

ITEM #	DESCRIPTION	MEAT EQUIVALENT	BREAD SERVINGS	PACK SIZE	APPROX. PIECES PER CASE	SERVINGS PER CASE	GTIN #
418300	WG BRD 1.0 OZ WILD ALASKA POLLOCK OCEAN TREASURES™	2.00	1.50	1/10	160	40	0 00 28029 18300 9
418319	WG BRD 1.0 OZ WILD ALASKA POLLOCK HIDDEN TREASURES (W/CHEESE)	2.00	1.50	1/10	160	40	0 00 28029 18319 1
418305	WG BRD 1.0 OZ WILD ALASKA POLLOCK NUGGET*	2.00	1.50	1/10	160	40	0 00 28029 18305 4
427203	WG BRD 1.0 OZ WILD ALASKA POLLOCK STICK*	2.00	1.50	1/10	160	40	0 00 28029 27203 1
418301	WG BRD 1.0 OZ WILD ALASKA POLLOCK ALL-NATURAL ULTIMATE™ FISH STICK	2.00	1.50	1/10	160	40	0 00 28029 18301 6
418304	WG BRD 1.0 OZ WILD ALASKA POLLOCK BAJA FISH STICK*	2.00	1.25	1/10	160	40	0 00 28029 18304 7
422071	WG BRD 1.0 OZ POTATO COATED WILD ALASKA POLLOCK STICK*	2.00	0.75	1/10	160	40	0 00 28029 22071 1
418303	WG BRD 1.5 OZ CORNMEAL WILD ALASKA POLLOCK STRIP*	2.00	1.50	1/10	106	35	0 00 28029 18303 0
418317	WG BRD 3.0 OZ WILD ALASKA POLLOCK PORTION*	1.50	1.00	1/10	53	53	0 00 28029 18317 7
425226	WG BRD 3.6 OZ SPICY WILD ALASKA POLLOCK PORTION*	2.00	1.00	1/10	44	44	0 00 28029 25226 2
418302	WG BRD 3.6 OZ WILD ALASKA POLLOCK PORTION*	2.00	1.00	1/10	44	44	0 00 28029 18302 3
418320	WG BRD 3.6 OZ WILD ALASKA POLLOCK WEDGE*	2.00	1.00	1/10	44	44	0 00 28029 18320 7
422072	WG BRD 3.6 OZ POTATO COATED WILD ALASKA POLLOCK WEDGE*	2.00	0.50	1/10	44	44	0 00 28029 22072 8
418318	WG BRD 3.6 OZ WILD ALASKA POLLOCK HOAGIE*	2.00	1.00	1/10	44	44	0 00 28029 18318 4
418321	WG BRD 4.0 OZ WILD ALASKA POLLOCK PORTION*	2.00	1.25	1/10	40	40	0 00 28029 18321 4
418306	WG 4.0 OZ BATTERED WILD ALASKA POLLOCK WEDGE*	2.00	1.00	1/10	40	40	0 00 28029 18306 1
417450	2.6 OZ UNBREADED WILD ALASKA POLLOCK SERPENTINE CUT PORTION*	2.00	0.00	1/10	61	61	0 00 28029 17450 2
422147	2.8 OZ UNBREADED WILD ALASKA POLLOCK BURGER*	1.75	0.00	1/10	57	57	0 00 28029 22147 3

\* INDICATES USDA COMMODITY PROGRAM ELIGIBLE PRODUCT.



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418317



EST.NO. 391#

# 3 oz. Crunchy Breaded Fish Portion

LOT: AYJJJLW



CN

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One precooked breaded fish portion (3.0 oz. each) provides 1.50 oz. equivalent meat and 1.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 00/0000).

CN

### Cooking Instructions\*:

KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.

Convection oven: Preheat to 400° F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.

Conventional oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 18 to 20 minutes until crisp. Turn product halfway through bake time for best results.

Microwave cooking is not recommended.

\* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165° F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

INGREDIENTS: 64.2% FISH (ALASKA POLLOCK) 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE.

CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY

**QUICK FROZEN - OVEN READY**

**NET WT. 10 LB. (4.54 kg)**

CFN/FEI# ##### 391#



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