

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

53 Servings per container
Serving Size 1 Portion

Amount Per Serving
Calories 170

		% Daily Value*
Total Fat	7 g	10%
Saturated Fat	1 g	6%
Trans Fat	0 g	
Cholesterol	20 mg	6%
Sodium	580 mg	25%
Total Carbohydrate	16 g	6%
Dietary Fiber	1 g	4%
Total Sugars	1 g	
Includes 1 g Added Sugars		1%

Protein	9 g	
Vitamin D	0 mg	0%
Calcium	0 mg	0%
Iron	1.3 mg	8%
Potassium	170 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
10020621	00079149206215	2 X 5 LBR	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 FLAVOR)}; 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 - N	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 fillets 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

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified :
 MSC Certified :
 Has CN Statement : Yes
 CN Statement : 1 X 3.0 OZ PORTION WITH VPP



CN Information :

CN Statement : 1 X 3.0 OZ PORTION WITH VPP PROVIDES 1.50 OZ EQ MEAT/MEAT ALT AND 1.0 OZ GRAINS
 Suggested Bid :
 Meat/Meat Alternative : 1.937 OZ PORTION WITH VPP X .78 = 1.51 OZ
 WholeGrain Credit Calculation : 0.6758 OZ PER PORTION X 28.35G =19.1579/16=1.197 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.

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91014
INDIVIDUALLY
QUICK FROZEN
KEEP FROZEN
DO NOT
REFREEZE
2559388



Seafit
Sandwich Iceland Style
Par Fried Whole Grain Breaded
Fish Portions 3 oz
 With Vegetable Protein Product
NET WT 10 Lb (4.54 kg)

10020621

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: 68.0% SEAFOOD MIX (FISH: 52.4% 51.2% POLLOCK, 1.55% WATER, 0.05% SODIUM TRIPOLYPHOSPHATE, (TO RETAIN MOISTURE); WATER: 8.8%, 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, POLYSORBATE (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 WHEAT FLOUR, UNMODIFIED CORN STARCH, SUGAR, SALT, YEAST, MODIFIED WHEAT FLOUR, ASH, DEXTROSE, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRED DRYING, CARAMEL COLOR, EXTRACTIVES OF PAPAYA, SAFFRON, TURMERIC COLOR), PREFRIED IN CANOLA, COTTONSEED, NIACIN, SCHEIN OIL, CONTAINS FISH POLLANOIDAL OIL.

091888
 CN 3.0 OZ PAR FRIED WHOLE GRAIN BREADED FISH PORTION WITH VEGETABLE PROTEIN PRODUCT PROVIDES 1.50 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.0 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA (2716).

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
 FOR INQUIRIES CALL: 1-888-891-5884
 www.highlinerfoods.com



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High Liner Bid Desk Contact and Specification Verification

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800
91014

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2559368



10020621

COOKING INSTRUCTIONS:
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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, POLYSORBATE (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 WHEAT FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED 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 SOY MILK

Seafit™

Sandwich Iceland Style Par Fried Whole Grain Breaded Fish Portions 3 oz With Vegetable Protein Product

NET WT 10 Lb (4.54 kg)

CN _____ 091888
ONE (3.0 OZ) DRIED WHOLE GRAIN BREADED FISH PORTION WITH VEGETABLE PROTEIN
PRODUCT PROVIDES 1.50 OZ EQUIVALENT MEAT/MEAT ALTERNATE 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 12/14). CN

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



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Meal Requirements