



# Oven Ready Whole Grain Breaded Pollock 'N Cheese

## 53998

LOT#: 1234567890



From an MSC certified sustainable fishery.  
[www.msc.org](http://www.msc.org)  
MSC-C-50552

## Rectangles 3.6 oz

Contains 39.2% Fish

INDIVIDUALLY  
QUICK FROZEN  
KEEP FROZEN

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan.  
CONVENTIONAL OVEN: Bake at 400°F for 22-25 minutes.  
CONVECTION OVEN: Bake at 375°F for 13-15 minutes.  
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

DO NOT  
REFREEZE

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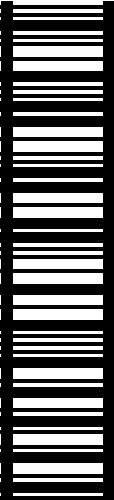


EST. # 002



INGREDIENTS: 39.2% ALASKA POLLOCK; 25.0% PASTEURIZED PROCESS AMERICAN CHEESE (CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, SKIM MILK, SODIUM PHOSPHATE, SALT, VEGETABLE COLOR (ANNATTO AND PAPRIKA BLEND)); 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), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION, PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.

## NET WT 20 Lb (9.07 kg)



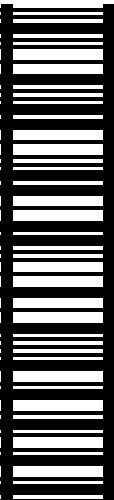
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| One 3.60 oz Oven Ready Whole Grain Breaded Fish 'N Cheese<br>Portion provides 2.00 oz equivalent meat/meat alternate and<br>1.25 oz equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food<br>and Nutrition Service, USDA 04/2020) |    |
| CN   | CN |

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MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
[www.highlinerfoods.com](http://www.highlinerfoods.com)



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