

1 oz WG Breaded Cod Nuggets, CN

Our Whole Grain Rich seafood solutions not only taste great, they also align with the USDA guidelines for whole grain. Choose from great-tasting Pollock or Cod.



Nutrition Facts

40 Servings per container

Serving Size 4 Nuggets

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 8 g **11%**

Saturated Fat 1.5 g **7%**

Trans Fat 0 g

Cholesterol 30 mg **10%**

Sodium 290 mg **13%**

Total Carbohydrate 21 g **8%**

Dietary Fiber 2 g **6%**

Total Sugars 1 g

Includes g Added Sugars %

Protein 14 g

Vitamin D mg %

Calcium 0 mg 0%

Iron 1.2 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:

Code	GTIN	Pack	Type Of Catch
26244	10035493262441	1 X 10 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	USA, CAN, CHN, NOR, POL, RUS	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
11.8 INH	7.8 INH	10.1 INH	0.5 FTQ	20x4	547 Days	-15 FAH / -14 FAH

Ingredients:

64.2% COD [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ONION POWDER, GARLIC POWDER, WHOLE YELLOW CORN MEAL, SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, CORN SYRUP SOLIDS, CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen nuggets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-

Serving Suggestions:

Fish Nugget Caesar Salad

Species / Scientific Name:

Pacific Cod

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 : Twice Frozen Cod with Compliant Whole Grain Compliant Breading.
 Meat/Meat Alternative : Portsmouth 0.5008 oz Equivalent Meat/Meat Alternate (from Fish) x 4 Number of Nuggets
 2.003oz Equivalent Meat/Meat alternate Declare 2.00 oz
 WholeGrain Credit Calculation : 19.3948% Whole Grain / 21.4036% Total Grain Component = 90.6147% Whole Grain 4 x 1.0oz
 Nuggets x 0.215301 (% creditable grains from batter + breader) = 0.8612 oz (0.8612 oz Creditable
 grains/4 nuggets x 28.35g/oz) / (16g/oz eq whole grains) = 1.5259 oz equivalent whole grains/4
 nuggets Declare: 1.50 oz Equivalent Grains per 4 x 1oz 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.

INDIVIDUALLY QUICK FROZEN
KEEP FROZEN
DO NOT REFREEZE
2558738




**Oven Ready
Whole Grain Breaded
Cod Nuggets**
160 - 1 oz Cod Nuggets

EST. #002

FOUR 1.00 OZ FRIED WHOLE GRAIN BREADED FISH
NUGGETS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 50 OZ
CN EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL (TERRI)
REQUIREMENTS. (USE OF THIS COMPANY'S STATEMENT IS
AUTHORIZED BY THE FOOD AND INSPECTION SERVICE, USDA 04-13).

NET WT 10 Lb (4.54 kg)

26244

COOKING INSTRUCTIONS:
For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare. Do not refreeze. Place oven rack in the center of the oven. CONVECTION OVEN INSTRUCTIONS: Preheat oven to 375°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 11-13 minutes. CONVENTIONAL OVEN INSTRUCTIONS: Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 14-16 minutes. Note: Since appliances vary, these cooking instructions are only a guideline. Fish is fully cooked when it reaches an internal temperature of 165°F.

INGREDIENTS: 64% COD, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE); 35% BATTER AND BREADING: WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: SUGAR, YEAST, GARLIC POWDER, ONION POWDER, 94% 1.5% CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM LACTATE, DIAMMONIUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRUS OIL, SALT, PRE-FRIED IN CANOLA, COTTONSEED, AND/OR SOY OIL, CONTAINS: FISH (COD), WHEAT

LOT #: 0000000000

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