

1.25 oz. Whole Grain Southern Style AK Poll FishFries

Fully prepared and ready to bake, the kids specialty line proves to be a continuous favorite. All options are great offered with your favorite dipping sauce or for fish tacos.



Nutrition Facts

Serving Size: 3.75 OZ

Household Serving Size: 3 Pieces

Number of Servings per Package: 85

Amount Per Serving

Calories 180 Calories from Fat: 70

	Per Serving	% Daily Value*
Total Fat	8 g	12%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	350 mg	15%
Total Carbohydrate	15 g	5%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	13 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Pack	Type Of Catch
53989	10070737539897	1 X 20 LB	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LB	20 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 IN	7.5 IN	7.5 IN	0.5046	11x4	547 Days	-15 FA / -14 FA

Ingredients :

ALASKA POLLOCK 68.5%. BREADING & BATTER 31.5%: WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE GRAIN YELLOW CORN FLOUR, WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN MEAL, MODIFIED CORNSTARCH, YELLOW CORN FLOUR, SALT, DEXTROSE, SPICES, SUGAR, SPICE EXTRACTIVE, YEAST, CANOLA OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ONION POWDER, EXTRACTIVES OF PAPRIKA AND ANNATTO, NATURAL FLAVOR, PARFRIED IN CANOLA AND/OR SOYBEAN OIL. CONTAINS: POLLOCK, WHEAT.

Prep & Cooking Suggestions:

Cook from frozen. Cook to an internal temperature of 145°F. Convection Oven: Bake at 375°F for 8-12 minutes. Conventional Oven: Bake at 400°F for 15-20 minutes. Fryer: Deep Fry at 360°F for 3-4 minutes.

Serving Suggestions:

Serve with a favorite dipping sauce.

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

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

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement : 3= 2M/ 1G

Species / Scientific Name:

CN Information :

CN Statement : 3= 2M/ 1G

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

American Pride Seafood 53989



**1.25 oz. WHOLE GRAIN SOUTHERN
STYLE PRECOOKED BREADED
ALASKA POLLOCK FISHFRIES**

53989

KEEP FROZEN

Nutrition Facts
Serving Size 3 FishFries (105g)
Servings Per Container About 65

Amount Per Serving	%Daily Value*
Calories 180	Calories from Fat 70
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 350mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Sat Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram
Fat 9 - Carbohydrate 4 - Protein 4

INGREDIENTS: ALASKA POLLOCK 68.5% BREADING & BATTER 31.5% WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN FLOUR, WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN MEAL, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, DEXTROSE, SPICES, SUGAR, SPICE EXTRACTIVES, YEAST, CANOLA OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ONION POWDER, EXTRACTIVES OF PAPRIKA AND ANNATTO (FOR COLOR), NATURAL FLAVOR, PARFRIED IN CANOLA AND/OR SOYBEAN OIL. CONTAINS: POLLOCK, WHEAT. CONTAINS 15g WHOLE GRAIN PER 3.75 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F. CONVENTIONAL OVEN: BAKE AT 400°F FOR 15-20 MINUTES. CONVECTION OVEN: BAKE AT 375°F FOR 8-12 MINUTES. FRYER: DEEP FRY AT 360°F FOR 3-4 MINUTES.

CERTIFIED SUSTAINABLE SEAFOOD MSC
www.msc.org
This product comes from a fishery that has been independently certified to the MSC's standard for a well managed and sustainable fishery. www.msc.org
COC #MNL-C-1301

NET WEIGHT 20 LBS. (9.08Kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

EST # 041

APS LLC dba High Liner Foods
New Bedford, MA 02740

1-800-343-8046

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods



Whole Grain Oven Ready Corn Meal Breaded Alaska Pollock FishFries

1.25 oz

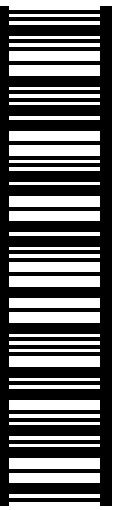
INDIVIDUALLY
QUICK FROZEN
KEEP FROZEN
DO NOT
REFREEZE
2562328

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE.
CONVENTIONAL OVEN: Bake at 400°F for 15-20 Minutes.
CONVECTION OVEN: Bake at 375°F for 8-12 Minutes.
FRYER: Deep Fry at 360°F for 3-4 Minutes
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.
INGREDIENTS: 68.5% ALASKA POLLOCK; 31.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN FLOUR, WHOLE WHEAT FLOUR, WHOLE YELLOW CORN MEAL, WATER, CONTAINS 2% OR LESS OF: DEXTROSE, SALT, YELLOW CORN FLOUR, CORN STARCH, MODIFIED CORN STARCH, SPICES, SUGAR, IODIZED SALT, YEAST, NATURAL FLAVOR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), ONION POWDER, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT

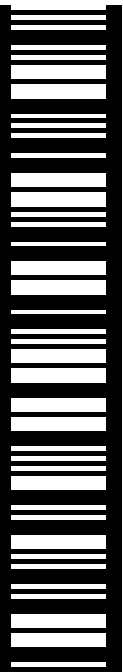
NET WT 20 Lb (9.08 kg)



EST. # 045



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LOT#:

Three 1.25 oz. Whole Grain Corn Meal Breaded Pollock Fishfries provide 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for CN Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service (USDA) 2/2017)	CN	095612
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Federal Meal Requirements
From an MSC certified sustainable fishery.



www.msc.org
MSC-C-50552

53989

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