

AK Pollock Wedge 2.6 oz.

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: 2.6 OZ

Household Serving Size: 1 piece

Number of Servings per Package: 80

Amount Per Serving

Calories 60 Calories from Fat: 5

	Per Serving	% Daily Value*
Total Fat	.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	60 mg	3%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	13 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%

*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
1089306	10035493893065	1 X 13 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
14.3 LBR	13.0 LBR	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8125	7.8125	8.625	0.6166	15x5	547 Days	-15 FAH / -14

Ingredients :

Alaska Pollock

Prep & Cooking Suggestions:

Cooking Instructions: Cook Frozen. Pre-Heat Ovens.; Place parchment paper on a shallow metal baking sheet.; Place portions on pan leaving space between pieces.; Conventional Oven: Bake at 425F for 18-20 minutes.; Convection Oven: Bake at 375F for 13-15 minutes.

Serving Suggestions:

PERFECT FOR USE IN FISH TACOS

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

Eggs - NI	Milk - NI
Soy - NI	Wheat - NI
Fish - NI	Crustacean - NI
Peanuts - NI	TreeNuts - NI

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement : 2M

Species / Scientific Name:

CN Information :

CN Statement : 2M
 Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock. For both Commercial and Commodity Purchase.
 Meat/Meat Alternative : 2.60 x 0.78 = 2.0280 x 1 = 2.00oz declared
 WholeGrain Credit Calculation : N/A

INDIVIDUALLY
 QUICK FROZEN
 KEEP FROZEN
 DO NOT
 REFREEZE

2558734



**Oven Ready Raw Unbreaded
 Alaska Pollock Portions**
 2.6 oz Fish Portions

CN 079731
 ONE 2.60 OZ RAW UNBREADED FISH WHEN COOKED PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILDREN (1/2 CUP) MEAT PATTERN REQUIREMENTS. (USE OF THIS LOGO AND SUGGESTED MEAT PATTERN AUTHORIZED BY THE FOOD AND DRUG ADMINISTRATION, USDA 11/10).

COOKING INSTRUCTIONS:
 Cook Frozen. Pre-Heat Oven.
 Place parchment paper on a shallow metal baking sheet.
 Place portions on pan leaving space between pieces.
 CONVENTIONAL OVEN: Bake at 425°F for 18-20 minutes.
 CONVECTION OVEN: Bake at 375°F for 13-15 minutes.
 NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

1089306

INGREDIENTS: ALASKA POLLOCK
 CONTAINS: FISH (POLLOCK)



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

LOT#: 000000000

1089306

NET WT 13 Lb (5.9 kg)



Copy not for Submitting Federal Meal Requirements

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods