



Crunchy Lites Raw Breaded Alaska Pollock Portions

06333

3.6 OZ.

CONTAINS 28% LESS FAT THAN OUR REGULAR OVEN READY PORTIONS - FAT CONTENT HAS BEEN REDUCED FROM 7g TO 5g OF THE SAME SPECIFIED SERVING SIZE.

COOKING INSTRUCTIONS FROM FROZEN:

CONVECTION OVEN: Bake at 400°F for 12-14 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

INGREDIENTS: 71.5% ALASKA POLLOCK; 28.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, SUGAR, EGG WHITES, YEAST, GRANULATED GARLIC, EXTRACTIVES OF ANNAITTO AND PAPRIKA (COLOR), SPICES, NATURAL FLAVOR, MALTODEXTRIN. CONTAINS: FISH (POLLOCK), WHEAT, EGGS

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565391



EST. # 002

CN 098985
ONE 3.60 OZ CRUNCHY LITES RAW BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 6/2020)
CN

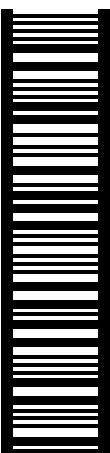
Disclaimer: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.



From an MSC certified sustainable fishery.
www.msc.org
MSC-C-50552

LOT#: PPHYDDSNL

NET WT 10.35 Lb (4.69 kg)



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Nutrition Facts

About 46 servings per container

Serving size 1 Portion (101g)

Amount per serving **Calories 150**

Total Fat 5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3g

Cholesterol 35mg 11%

Sodium 290mg 12%

Total Carbohydrate 13g 5%

Dietary Fiber 0g 0%

Total Sugars less than 1g

Total Sugars 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

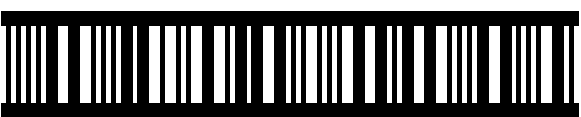
Iron 1.5mg 8%

Potassium 140mg 2%

*The % Daily Value 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.

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

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



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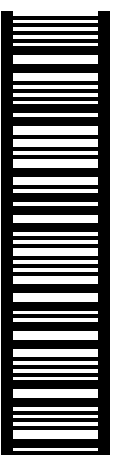
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MSC-C-50552

LOT#: PPHYDDSNL

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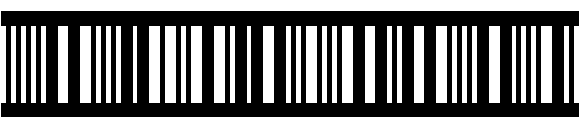
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EST. # 045