

WG BREADED POLLOCK PORTIONS 3.6 OZ (1X10LB) 418302

Whole grain, breaded, and slightly seasoned wild-caught pollock in a rectangular shape. Par-fried and oven ready. Child Nutrition product.

SERVING SUGGESTION

Serve on a bun with fries and veggies, in fish tacos, in a wrap, or with your favorite dipping sauce.

PREPARATION AND COOKING

Cooking Instructions:* Keep frozen until ready to cook. Thawing is not recommended – cook from frozen.

Convection oven: preheat to 375° F. Place frozen product on lightly greased baking sheet, cook for 15 to 18 minutes until crisp.

Turn product halfway through bake time for best results.

Conventional oven: preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 20 to 26 minutes until

crisp. Turn product halfway through bake time for best results.

Microwave cooking is not recommended.

* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully “boneless” product. As with all fish, however, occasional bones may still be present.

FOOD SAFETY

Keep Frozen at 0 °F or Below. Designed to cook from frozen.

INGREDIENTS & NUTRITION INFORMATION

| NUTRITION FACTS | |
|-------------------------------------|----------------------|
| Serving Size 1 Piece (102g / 3.6oz) | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 70 |
| % Daily Value* | |
| Total Fat 8 g | 12 % |
| Saturated Fat 2 g | 10 % |
| Trans Fat 0 g | |
| Cholesterol 40 mg | 13 % |
| Sodium 280 mg | 12 % |
| Total Carbohydrate 14 g | 5 % |
| Dietary Fiber 2 g | 8 % |

| Sugars 0 g | | | |
|---|-----------|---------------|---------|
| Protein 14 g | | | |
| <hr/> | | | |
| Vitamin A 0 | | • Vitamin C 0 | |
| <hr/> | | | |
| Calcium 2 | | • Iron 6 | |
| <hr/> | | | |
| * 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 |
| Saturated 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 |

71.3% FISH (ALASKA POLLOCK), 28.7% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, WATER, SOY FLOUR, DEXTROSE, EXTRACTIVES OF PAPRIKA, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE).

CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY.