

WG ULTIMATE FISH STICK- ALL NATURAL (1X10 LB) 418301

Whole grain, crunchy, breaded, and lightly seasoned Alaska Pollock. A pre-cooked, oven-ready child nutrition product.

SERVING SUGGESTION

Great plain or served with your favorite sauces. Works well with nearly any side dish.

PREPARATION AND COOKING

Cooking Instructions - Cook From Frozen.

Convection Oven: Bake At 400 °F. For 9 To 11 Minutes.

Conventional Oven: 475°F. For 11 to 13 Minutes. Deep Fry : 350°F. For 2.5 to 3 minutes. Cooking Time And Temperature May Vary With Equipment. For Added Crispness, Cook Slightly Longer.

Cook Product to an Internal Temperature of 165 °F.

FOOD SAFETY

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

INGREDIENTS & NUTRITION INFORMATION

NUTRITION FACTS	
Serving Size 4 Piece (113g / 4oz)	
Amount Per Serving	
Calories 200	Calories from Fat 80
	% Daily Value*
Total Fat 9 g	14 %
Saturated Fat 2 g	10 %
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 310 mg	13 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 14 g	
Vitamin A 2	• Vitamin C 4
Calcium 2	• 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
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

65.00% FISH (ALASKA POLLOCK), 35.00% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE YELLOW CORN MEAL, WATER, ENRICHED RICE FLOUR [RICE FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: SALT, WHEAT GLUTEN, SUGAR, YEAST, PALM OIL, ONION POWDER, GARLIC POWDER, TAPIOCA STARCH, LEAVENING [CREAM OF TARTER, BAKING SODA], TOMATO POWDER, MALTED BARLEY FLOUR, DEHYDRATED RED BELL PEPPER, CORN STARCH, AUTOLYZED YEAST, SPICES, ASCORBIC ACID [ADDED AS A DOUGH CONDITIONER], DEHYDRATED GREEN BELL PEPPER, DEHYDRATED TOMATO, WHOLE MALTED BARLEY FLOUR).

CONTAINS FISH (ALASKA POLLOCK), WHEAT