

Nutrition Facts

Serving Size 4 pieces (113 g/4 oz)
Servings Per Container about 40

Amount Per Serving

Calories 200 Calories from Fat 80

% Daily Value*

Total Fat	9g	14%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	310mg	13%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	14g	28%

Vitamin A 2% • Vitamin C 4%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your caloric 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
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALASKA POLLOCK, OVEN READY (BREADED) FISH STICKS, FROZEN

PRODUCT CODE: 110851

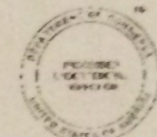
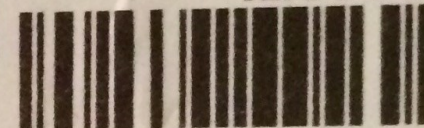
INGREDIENTS: 65.00% FISH (ALASKA POLLOCK), 35.00% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE YELLOW CORN MEAL, WATER, ENRICHED RICE FLOUR [RICE FLOUR, NIACIN, REDUCED 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

COOKING INSTRUCTIONS - COOK FROM FROZEN
CONVECTION OVEN: 400 DEGREES F. FOR 9 - 11 MINUTES.
CONVENTIONAL OVEN: 475 DEGREES F. FOR 11-13 MINUTES.
DEEP FRY: 350 DEGREES F. FOR 2.5 TO 3 MINUTES.
COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.



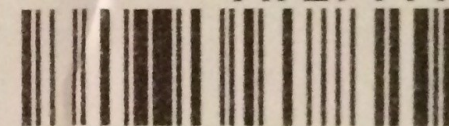
DOMESTIC ONLY PRODUCT
PRODUCT OF USA, WILD CAUGHT

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LOT: A727111



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Four precooked breaded fish sticks (1.0 oz. each) provide 2.00 oz. equivalent meat and 1.50 ounce equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 05/2017)

NET WT. 40 LB. (18.14 kg)

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DOP: SEP 28 2017

KEEP FROZEN

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