



Whole Grain Rich 3.6 oz. AK Pollock Rectangle 1/10.35

One 3.6 oz portion provides 2M / 1G CN Label # 084641



Nutrition Facts

Serving Size: 3.6 OZ
Household Serving Size: 3.6 oz
Servings Per Container: 46

Amount Per Serving

Calories 180 Calories from Fat: 70

| | Per Serving | % Daily Value* |
|---------------------------|-------------|----------------|
| Total Fat | 8 g | 12% |
| Saturated Fat | 1.5 g | 8% |
| Trans Fat | 0 g | |
| Cholesterol | 35 mg | 12% |
| Sodium | 240 mg | 10% |
| Total Carbohydrate | 16 g | 5% |
| Dietary Fiber | 2 g | 8% |
| Sugars | 1 g | |
| Protein | 11 g | |

| | Per Srv | | Per Srv |
|------------------|---------|------------------|---------|
| Vitamin A | 0% | Vitamin C | 0% |
| 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 |
| 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 | Pack Description | Serving/Case |
|---------|----------------|-----------|------------------|--------------|
| 1089271 | 10035493892716 | 1 X 10.35 | | 46 |

| Brand | GPC Description |
|--------|------------------------------------|
| Viking | Fish – Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 11 LB | 10.35 LB | USA | No | |

| Shipping Information | | | | | | |
|----------------------|---------|---------|----------|-------|------------|-----------------|
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp |
| 13.37 IN | 9.37 IN | 8.25 IN | 0.598 CF | 14x5 | 456 Days | -15 FA / -14 FA |

Ingredients :

71.3% ALASKA POLLOCK; 28.70% BATTER & BREADING; WHOLE WHEAT FLOUR; WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF; WHOLE GRAIN YELLOW CORN MEAL, ENRICHED WHEAR FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONOITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ONION POWDER, GARLIC POWDER, SALT, SPICES, YEAST, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS, EGG, PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (ALASKA POLLOCK), WHEAT, EGG

Prep & Cooking Suggestions :

TO BAKE: HEAT AT 400°F FOR 14-16 MIN. IN CONVECTION OVEN, OR AT 425°F FOR 18-20 MIN. IN CONVENTIONAL OVEN. NOTE: Fish is fully cooked when it reaches an internal temperature of 165°F

Serving Suggestions :

Great as a sandwich, salad topper, pastas, entrees and appetizer applications. Serve with your favorite sauce or side!

Claims :

BAP Certified :
MSC Certified :

Child Nutrition :

Has CN Statement : Yes
CN Statement : One 3.6 oz precooked breaded fish

CN Information :

CN Statement : One 3.6 oz precooked breaded fish portion provides 2 oz. equivalent meat and 1 oz equivalent grains for child nutrition meal patter requirements.

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. Fillet Shape. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : 3.6000 oz. Portion GIVES 2.5668 oz. INPUT WT x 0.78 YIELD = 2.0021 oz. ACTUAL EQUIVALENT MEAT. Total Meat/Meat Alternate per Serving of 1 Portion(s) YIELD 2.0021 oz. Actual Total M/MA. Per Serving... Declare = 2.00 oz

WholeGrain Credit Calculation : 14.210% Whole Grain/15.770% Total Grain Component = 90.108% Whole Grain 3.6000 oz. Portion x 0.1577 (% creditable grains) = 0.5677 oz. 0.5677 oz creditable grains x 28.35g/oz = 16.0949g 'Oz equivalent grains'/Portion = 16.0949g/16g = 1.0059 oz eq grains Per Serving... Actual = 1.0059 oz eq grains Per Serving... Declare = 1.0 oz eq grains

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE



EST # 118



OVEN READY WHOLE GRAIN BREADED ALASKA POLLOCK

3.6 OZ CUSTOMIZED FILLET PORTIONS

CN #84641

ONE 3.6 OZ FRIED BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 48-13).

COOKING INSTRUCTIONS: CONVECTION OVEN: PREHEAT OVEN TO 400F, BAKE PORTIONS FOR 14-16 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 425F, BAKE PORTIONS FOR 18-20 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

1089271

INGREDIENTS: 71.1% ALASKA POLLOCK; 28.7% BATTER & BREADING: WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHOLE GRAIN YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ONION POWDER, GARLIC POWDER, SALT, SPICES, YEAST, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS, EGG. FRIED IN CANOLA OIL. CONTAINS: FISH (POLLOCK), WHEAT, EGG.

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03811
FOR INQUIRIES CALL: 1-811-811-3114

CERTIFIED SUSTAINABLE SEAFOOD MSC

www.msc.org



MML-C-1301

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)

WHOLE GRAIN RICH

1089271

NET WT 10.35 Lb (4.70 kg)

LOT 0033102110



1 00 35493 89271 6

LOT NUMBER:  0033102110

(46 - 3.6 oz)



1 00 35493 89271 6

3102

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods



Golden Crunchy Whole Grain Breaded Pollock Nugget

100% CN compliant. Packed with beneficial Omega-3 fatty acids. CN LABEL # 075785. Provides 2 Meat / 1.5 Grain.



| Nutrition Facts | | | |
|--|-----------|-----------------------|---------|
| Serving Size: 4 OZ | | | |
| Household Serving Size: 4 piece | | | |
| Servings Per Container: 80 | | | |
| Amount Per Serving | | | |
| Calories | 230 | Calories from Fat: 80 | |
| Per Serving | | % Daily Value* | |
| Total Fat | 9 g | 14% | |
| Saturated Fat | 1.5 g | 8% | |
| Trans Fat | 0 g | | |
| Cholesterol | 50 mg | 17% | |
| Sodium | 320 mg | 13% | |
| Total Carbohydrate | 23 g | 8% | |
| Dietary Fiber | 2 g | 8% | |
| Sugars | 1 g | | |
| Protein | 15 g | | |
| Per Srv | | Per Srv | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 2% | Iron | 8% |
| *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 | Pack Description | Serving/Case |
|---------|----------------|----------|------------------|--------------|
| 1089301 | 10035493893010 | 4 X 5 LB | | 80 |

| Brand | GPC Description |
|--------|------------------------------------|
| Viking | Fish – Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 22 LB | 20 LB | USA | No | |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp |
|----------|----------|---------|----------|-------|------------|-----------------|
| 19.82 IN | 12.07 IN | 7.64 IN | 1.058 CF | 8x5 | 547 Days | -15 FA / -14 FA |

Ingredients :

64.2% ALASKA POLLOCK; 35.8% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO, AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: Fish (Alaska Pollock), Wheat, Milk

Prep & Cooking Suggestions :

Cook Frozen. Place parchment paper on a shallow metal baking sheet. ; Place nuggets on pan leaving space between pieces. ; Conventional Pre-Heated Oven: Bake at 425F for 14-16 minutes. ; Convection Pre-Heated Oven: Bake at 375F for 11-13 minutes.

Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims :

BAP Certified :
MSC Certified :

Child Nutrition :

Has CN Statement : Yes
CN Statement : 2M/1.5G

CN Information :

CN Statement : 2M/1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : PRODUCT RAW INPUT WT x YIELD = ACTUAL 1.0 oz Nugget. 0.6420
oz .78 = 0.5008 oz 4 x 1.0 oz Nuggets x 0.5008 oz meat/nugget = 2.0030
oz DECLARED 2.00oz

WholeGrain Credit Calculation : 12.2992% Whole Grain / 22.5592% Total Grain Component = 54.5197% Whole Grain 4 x 1.0 oz
Nugget x 0.225592 (% Creditable Grains from Batter & Breader) = 0.9024 oz creditable grains/ 4 x 1
oz nuggets (0.9024 oz Creditable Grains/ 4 nuggets x 28.35g/oz) / 16.0 g/oz equiv whole grains =
1.5989 oz equiv whole grains/ 4 nuggets DECLARE 1.50 oz Equivalent Grains / 4 nuggets

INDIVIDUALLY QUICK FROZEN
KEEP FROZEN
DO NOT REFREEZE
2558714




Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Nuggets
320 - 1.0 oz Fish Nuggets



EST. #002

CN 087428

FOUR 1.00 OZ FROZEN WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH NUGGETS PROVIDE 2.00 OZ EQUIVALENT MEAT. 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION STANDARDS. MEET ALL REQUIREMENTS. USE OF THIS LOGO AND STATEMENT IS AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA.

NET WT 20 Lb (9.07 kg)

1089301

Cooking Instructions: Cook Frozen. Place parchment paper on a shallow metal baking sheet. Place nuggets on pan leaving space between pieces.
Conventional Pre-Heated Oven: Bake at 425°F for 14-16 minutes.
Convection Pre-Heated Oven: Bake at 375°F for 11-13 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.
INGREDIENTS: 64.2% ALASKA POLLOCK; 35.8% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, LECITHIN, ONION, CARAMEL COLOR, EXTRACTIVES OF PEPPER, TURMERIC, AND TURMERIC (COLOR), PREFRIED DRY ANOLE, COCONUT SEED, AND/OR SOYBEAN OIL.
CONTAINS: FISH, POLLOCK, WHEAT, MILK

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-660-3564
www.highlinerfoods.com



1089301

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#: 0000000000

1089301



Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods



Golden Crunchy Whole Grain Breaded AK Pollock

100% Child Nutrition compliant. Packed with beneficial Omega-3 fatty acids and made to meet your dietary needs at an affordable price. CN LABEL # 075784. Provides 2 Meat / 1 Grain.



Nutrition Facts

Serving Size: 3.6 OZ
Household Serving Size: 1 piece
Servings Per Container: 80

Amount Per Serving

Calories 190 Calories from Fat: 60

| | Per Serving | % Daily Value* |
|---------------------------|-------------|----------------|
| Total Fat | 7 g | 11% |
| Saturated Fat | 1 g | 5% |
| Trans Fat | 0 g | |
| Cholesterol | 50 mg | 17% |
| Sodium | 250 mg | 10% |
| Total Carbohydrate | 16 g | 5% |
| Dietary Fiber | 1 g | 4% |
| Sugars | 1 g | |
| Protein | 14 g | |

| | Per Srv | Per Srv |
|------------------|---------|---------------------|
| Vitamin A | 0% | Vitamin C 0% |
| Calcium | 2% | Iron 6% |

*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 | Pack Description | Serving/Case |
|---------|----------------|------------|------------------|--------------|
| 1089300 | 10035493893003 | 4 X 4.5 LB | | 80 |

| Brand | GPC Description |
|--------|------------------------------------|
| Viking | Fish – Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 19.8 LB | 18 LB | USA | No | |

| Shipping Information | | | | | | |
|----------------------|----------|----------|----------|-------|------------|-----------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp |
| 19.82 IN | 12.07 IN | 6.825 IN | 0.945 CF | 8x6 | 547 Days | -15 FA / -14 FA |

Ingredients :

71.3% ALASKA POLLOCK; 28.7% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO, AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: Fish (Alaska Pollock), Wheat, Milk

Prep & Cooking Suggestions :

Cook Frozen. Place parchment paper on a shallow metal baking sheet. ; Place portions on pan leaving space between pieces. ; Conventional Pre-Heated Oven: Bake at 425F for 20 -22 minutes. ; Convection Pre-Heated Oven: Bake at 375F for 15-17 minutes.

Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims :

BAP Certified :
MSC Certified :

Child Nutrition :

Has CN Statement : Yes
CN Statement : 2M/1G

CN Information :

CN Statement : 2M/1G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breeding. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : PRODUCT RAW INPUT WT x YIELD = ACTUAL 3.6 oz Rect. 0.7130 oz .78
2.0021 oz DECLARED 2.00 oz

WholeGrain Credit Calculation : 12.5278% Whole Grain / 17.3704% Total Grain Component = 55.3862% Whole Grain 1 x 3.6 oz Rect. x .173704 (% Creditable Grains from Batter & Breader) = .6253 oz creditable grains/ 3.6 oz Rect. (0.6253 oz Creditable Grains/ 3.6 oz Rect. x 28.35g/ oz) / 16.0 g/ oz equiv whole grains = 1.1080 oz equiv whole grains/ 3.6 oz Rect. DECLARE: 1.00 oz Equivalent Grains per 1 x 3.6 oz Rectangle

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2559712



NET WT 18 Lb (8.16 kg)



Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles

80 - 3.6 oz Fish Portions

087427

ONE 3.60 OZ FRIED WHOLE GRAIN BATTERED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. USE OF THIS CN FOOD IDENTIFICATION AUTHORIZED BY THE FOOD AND NUTRITION SERVICE (USDA 06-13).

Cooking Instructions: Cook Frozen. Place parchment paper on a shallow metal baking sheet. Place portions on pan leaving space between pieces.

Conventional Pre-Heated Oven: Bake at 425°F for 20-22 minutes.

Convection Pre-Heated Oven: Bake at 375°F for 15-17 minutes.

NOTE: Cook to an Internal temperature of 165°F minimum.

INGREDIENTS: 71.3% ALASKA POLLOCK; 28.7% BATTER & BREADING, ENRICHED WHEAT FLOUR (FLOUR), NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR (WHEAT), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, CORN MEAL, YELLOW CORN FLOUR, SUGAR, (ACTIVE) SKIMMED WHEY, AUTOLYZED YEAST EXTRACT, 1,5-DIPHOSPHORIC ACID, MONOCALCIUM PHOSPHATE, FOD-FRED CELLULOSE, DRIED ONION, CARAMEL COLOR, LACTIC ACID, PAPRIKA, ANNATTO, AND TURMERIC (COLOR). POLLOCK (POLLOCK), WHEAT, MILK

1089300

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801 FOR INQUIRIES CALL: 1-888-860-2684 www.highlinerfoods.com



10035493893003

1089300

CERTIFIED SUSTAINABLE SEAFOOD MSC

The 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

1089300



10035493893003

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods



Golden Crunchy Whole Grain Breaded Sticks

100% Child Nutrition compliant. Packed with beneficial Omega-3 fatty acids and made to meet your dietary needs at an affordable price. CN LABEL # 075786. Provides 2 Meat / 1.5 Grain.



Nutrition Facts

Serving Size: 4 OZ
Household Serving Size: 4 Sticks
Servings Per Container: 80

Amount Per Serving

Calories 230 Calories from Fat: 80

| | Per Serving | % Daily Value* |
|---------------------------|-------------|----------------|
| Total Fat | 9 g | 14% |
| Saturated Fat | 1.5 g | 8% |
| Trans Fat | 0 g | |
| Cholesterol | 50 mg | 17% |
| Sodium | 320 mg | 13% |
| Total Carbohydrate | 23 g | 8% |
| Dietary Fiber | 2 g | 8% |
| Sugars | 1 g | |
| Protein | 15 g | |

| | Per Srv | | Per Srv |
|------------------|---------|------------------|---------|
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 2% | Iron | 8% |

*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 | Pack Description | Serving/Case |
|---------|----------------|----------|------------------|--------------|
| 1089302 | 10035493893027 | 4 X 5 LB | | 80 |

| Brand | GPC Description |
|--------|------------------------------------|
| Viking | Fish – Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 22 LB | 20 LB | USA | No | |

| Shipping Information | | | | | | |
|----------------------|----------|---------|----------|-------|------------|-----------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp |
| 19.82 IN | 12.07 IN | 7.64 IN | 1.058 CF | 8x5 | 547 Days | -15 FA / -14 FA |

Ingredients :

64.2% ALASKA POLLOCK; 35.8% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO, AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: Fish (Alaska Pollock), Wheat, Milk

Prep & Cooking Suggestions :

Cook Frozen. Place parchment paper on a shallow metal baking sheet. ; Place sticks on pan leaving space between pieces. ; Conventional Pre-Heated Oven: Bake at 425F for 14-16 minutes. ; Convection Pre-Heated Oven: Bake at 375F for 9-11 minutes.

Serving Suggestions :

Ideal paired with your favorite signature sauce or side.

Claims :

BAP Certified :
MSC Certified : Yes

Child Nutrition :

Has CN Statement : Yes
CN Statement : 2M/1.5G

CN Information :

CN Statement : 2M/1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : 0.6420 oz * 0.78 = 0.5008 x 4 = 2.0030 = 2.00oz declared

WholeGrain Credit Calculation : 12.5278% Whole Grain / 22.7328% Total Grain Component = 55.1089% Whole Grain 4 x 1.0oz Stick x 0.225592 (% Creditable Grains from Batter & Breader) = 0.9024 oz creditable grains/4x1oz sticks (0.9093 oz Creditable Grains/4 sticks x 28.35g/oz) / (16.0 g/oz equiv whole grains) = 1.6112 oz equiv whole grains/ 4 sticks DECLARE 1.50 oz Equivalent Grains / 4 sticks

INDIVIDUALLY
QUICK FROZEN
KEEP FROZEN
DO NOT
REFREEZE

2558706



Oven Ready Whole Grain
Golden Crunchy Breaded
Alaska Pollock Sticks
320 - 1.0 oz Fish Sticks

FOUR 1.00 OZ FRESH GOLDEN CRUNCHY BREADED FISH STICKS PROVIDES 1.0 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN. FOR CHOLESTEROL AND FAT PATTERNS, SEE THE NUTRITION STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA (66-13).

NET WT 20 Lb (9.07 kg)

Cooking Instructions:
Cook Frozen. Place parchment paper on a shallow metal baking sheet. Place sticks on pan leaving space between pieces.
Conventional Pre-Heated Oven: Bake at 425°F for 14-16 minutes.
Convection Pre-Heated Oven: Bake at 375°F for 9-11 minutes.

NOTE: Cook to an Internal temperature of 165°F minimum.

INGREDIENTS: 64.2% ALASKA POLLOCK; 35.8% BATTER & BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, MODIFIED CORNSTARCH, WHOLE YELLOW CORN MEAL, CORN MEAL OR LESS OF: YELLOW CORN FLOUR, SUGAR, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANIATTO, AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT, MILK

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



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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

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Kathy Gilmore

Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods