

Pollock Fish Sticks

Product Information

W code: W003

American Pride: #73102

Serving/case: 80

Net Weight: 20 lbs

Crediting Information per Serving

Serving size: 4 sticks (4 oz)

Meat or M/A: 2.00 oz eq

Grain: 1.50 oz eq

Vegetable:

Fruit:

CN Label: Yes*

*Obtain CN label from product package

Nutrition Facts

Serving Size: 4 sticks (112g)

Amount Per Serving

Calories 200 Calories from Fat 70

Total Fat 7g

Sat. Fat 0.5g

Trans Fat 0g

Cholesterol 55mg

Sodium 470mg

Carbohydrates 19g

Dietary Fiber 1g

Sugars

Protein 15g

Vitamin A 0%

Calcium 6%

Vitamin C 0%

Iron 8%

Preparation Instructions

Cooking Instructions:

Regular Oven: Place frozen portions on a baking sheet in preheated 425°F oven for 15-20 minutes.

Convection Oven: Place frozen portions on a baking sheet in preheated 375°F oven for approximately 15 minutes. Cook to an internal temperature of 165°F.

Ingredients

Alaska Pollock 65%, Breading 23%: Whole grain wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), distilled vinegar, salt, malted barley flour, Pollock protein, yeast, sodium bicarbonate, canola oil, yeast, spice extractive.

Batter 12%: Water, enriched wheat flour (Flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, onion powder, caramel color, spice extractives, extractives of paprika and annatto. Precooked in canola and/or soybean oil.

Allergens: Pollock, wheat