



<b>Product Name</b>	1.25oz 51%WG Fish Sticks (Full Muscle Pollock)		
<b>Unit Weight</b>	1.25 oz	<b>Case Dimensions</b>	13.5" x 9.5" x 6.375"
<b>Net Weight</b>	10.0 lbs	<b>Case Cube</b>	0.473 ft <sup>3</sup>
<b>Gross Weight</b>	11.0 lbs	<b>Cases per Pallet</b>	140
<b>Quantity per Case</b>	128 Fish Sticks	<b>Pallet Ti-Hi</b>	14 x 10
<b>Shelf Life</b>	12 Months Frozen	<b>Pallet Dimensions</b>	48 x 40 x 60
<b>FOB</b>	Gloucester, MA	<b>Pallet Weight</b>	1540 lbs

<b>Nutrition Facts</b>			
Serving Size: 3 / 1.25oz Fish Sticks			
Servings per Case: 42			
<b>Amount per Serving</b>			
<b>Calories</b>	160	<b>Calories from Fat</b>	60
% Daily Value*			
<b>Total Fat</b>	7g		11%
Saturated Fat	1g		1%
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	3.5g		
Trans Fat	0g		
<b>Cholesterol</b>	40mg		13%
<b>Sodium</b>	390mg		16%
<b>Total Carbohydrate</b>	16g		5%
Dietary Fiber	1g		4%
Sugar	1g		
<b>Protein</b>	9g		
Vitamin A	0%	Vitamin C	50%
Calcium	4%	Iron	2%

<b>Ingredient Information</b>
Fish, Bread Crumbs (Whole Wheat Flour, Leavening (Mono Calcium Phosphate, Sodium Bicarbonate), Natural Flavor (Natural Extractives of Paprika with Soybean and/or Canola Oil, Natural Flavor, Ascorbic Acid, Tocopherol, Canola Oil), Water, Bleached Wheat Flour, Modified Corn Starch, Wheat Flour, Yellow Corn Flour, Salt, Spice, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Nonfat Dry Milk, Soybean Oil, Garlic Powder, Onion Powder, Guar Gum
<b>Allergy Information</b>
Contains: Milk, Soy, Wheat, Fish
<b>Nutrition Analysis</b>
Three 1.25oz Fish Sticks = 2 Meat/MA & 1.25 Bread Servings for NSLP
<b>Cooking Instructions</b>
Ovens May Vary. Heating Time & Temperature May Require Adjustment. Cook at 450° F for 25-30 Minutes

<b>Item Code</b>	<b>Description</b>	<b>UPC</b>
NAWW125CN	1.25oz 51%WG Fish Sticks (Full Muscle Pollock)	809371353735

I Certify That The Above Information Is True And Correct

Lori Jones – 8/3/12  
Executive Secretary

Food Distributors of NV dba Smart Foods 4 Schools

# North Atlantic

HEAT 'N SERVE

ALASKA  
POLLOCK

CN 070855  
Three 1.25 oz. Fried Breaded Fish Sticks provides 2.00 oz.  
equivalent meat and 1.25 serving of bread alternate for CN  
Child Nutrition Meal Pattern Requirements. (Use of this  
logo and statement authorized by the Food and Nutrition  
Service, USDA 3-07) CN



TM

128 / 1.25 oz

OVEN READY

EST NO 011

PRECOOKED WHOLE WHEAT

FISH STICKS

Lot#  
CF

Wild Caught

TO HEAT: PREHEAT OVEN TO 400 F, PLACE FROZEN STICKS ON A GREASED SHEET AND HEAT FOR 30-35 MINUTES.

**Ingredients:** 68.5% Fish, (Pollock) 18.9% Breading, 12.6% Batter & Water. Fish, BREAD CRUMB (WHOLE WHEAT FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVOR (NATURAL EXTRACTIVES OF PAPRIKA WITH SOYBEAN AND/OR CANOLA OIL, SOY LECITHIN, MONO AND DIGLYCERIDES, SOYBEAN OIL, NATURAL FLAVOR, ASCORBIC ACID, TOCOPHEROL, CANOLA OIL)), WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, WHEAT FLOUR, YELLOW CORN FLOUR, SALT, SPICE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NONFAT DRY MILK, SOYBEAN OIL, GARLIC POWDER, ONION POWDER, GUAR GUM. Fried in Canola Oil. Contains SOYBEANS, MILK, FISH, AND WHEAT.

PERFECT PORTION CONTROL  
INDIVIDUALLY FROZEN

NET WT. 10 LBS.  
(4.54 Kg.)

Channel Fish Processing Co., Inc.  
88 Commercial Street  
Gloucester, MA 01930



NAWW125CN

I Certify That The Above Information Is True And Correct



Lori Jones – 8/3/12  
Executive Secretary

Food Distributors of NV dba Smart Foods 4 Schools