



Product Name	1.25oz Potato Crunch Fish Sticks (Full Muscle Pollock)		
Unit Weight	1.25 oz	Case Dimensions	13.5" x 9.5" x 6.375"
Net Weight	10.0 lbs	Case Cube	0.473 ft ³
Gross Weight	11.0 lbs	Cases per Pallet	140
Quantity per Case	44 Fish Portions	Pallet Ti-Hi	14 x 10
Shelf Life	12 Months Frozen	Pallet Dimensions	48 x 40 x 60
FOB	Gloucester, MA	Pallet Weight	1540 lbs

Nutrition Facts	
Serving Size: 3 / 1.25oz Fish Sticks	
Servings per Case: 42	
Amount per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 7.5g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	12%
Sodium 350mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugar 2g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Ingredient Information
Fish, Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potato (Potatoes, Mono & Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Potatoes, Water, Modified Corn Starch, Yellow Corn Flour, Salt, Whey, Sugar, Yeast, Partially Hydrogenated Soybean Oil, Spice Extractive. Fried in Canola Oil.
Allergy Information
Contains: Milk, Soy, Wheat, Fish
Nutrition Analysis
Three 1.25oz Fish Sticks = 2 Meat/MA & 1.25 Bread Servings for NSLP
Cooking Instructions
Ovens May Vary. Heating Time & Temperature May Require Adjustment. Preheat oven to 450° F. Cook sticks for 20 minutes, turning sticks after 10 minutes if possible for best results.

Item Code	Description	UPC
NAPOT125CN	1.25oz Potato Crunch Fish Sticks (Full Muscle Pollock)	809371310417

I Certify That The Above Information Is True And Correct

Lori Jones – 8/3/12
 Executive Secretary
 Smart Foods 4 Schools

North Atlantic

HEAT 'N SERVE

**ALASKAN
POLLOCK**

CN

078240

Three 1.25 oz. Fried Breaded Fish Sticks provide 2.00 oz. equivalent meat and 1.25 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 5-10)

CN



128 / 1.25 oz

GOLDEN-FRIED

EST NO 011

PRECOOKED POTATO CRUNCH

FISH STICKS

Wild Caught

**CF13
Lot #**

TO HEAT: PREHEAT OVEN TO 450 F, PLACE FROZEN STICKS ON A GREASED SHEET AND HEAT FOR 10 MINUTES TURN STICKS AND HEAT FOR AN ADDITIONAL 8-10 MINUTES. DO NOT OVERCOOK

Ingredients: 68.5% Fish, (Pollock) 18.9% Breading, 12.6% Batter & Water. Fish, Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potato (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Potatoes, Water, Modified Corn Starch, Yellow Corn Flour, Salt, Whey, Sugar, Yeast, Partially Hydrogenated Soybean Oil, Spice Extractive. Fried in Canola Oil. Contains SOYBEANS, Milk FISH (Pollock) AND WHEAT.

**PERFECT PORTION CONTROL
INDIVIDUALLY FROZEN
KEEP FROZEN
NET WT. 10 LBS.
(4.54 Kg.)**

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



NAPOT125CN

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Lori Jones - 8/3/12
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