



Product Name	1.8oz 51%WG Fish Strips (Minced Pollock)		
Unit Weight	1.8 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	88 Fish Strips	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: 2 / 1.8oz Fish Strips			
Servings per Case: 44			
Amount per Serving			
Calories	150	Calories from Fat	60
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	1g		5%
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	3.5g		
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	370mg		15%
Total Carbohydrate	15g		5%
Dietary Fiber	1g		4%
Sugar	1g		
Protein	9g		
Vitamin A	0%	Vitamin C	50%
Calcium	4%	Iron	2%

Ingredient Information
Fish, Bread Crumbs (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
Allergy Information
Contains: Milk, Soy, Wheat, Fish
Nutrition Analysis
Two 1.8oz Strips = 2 Meat/MA & 1 Bread Servings for NSLP
Cooking Instructions
Ovens May Vary. Heating Time & Temperature May Require Adjustment. <u>Conventional Oven:</u> Preheat oven to 400° F and cook for 18-20 Minutes. <u>Convection Oven:</u> Preheat oven to 400° F and cook for 14-16 Minutes.

Item Code	Description	UPC
NAWW18	1.8oz 51%WG Fish Strips (Minced Pollock)	809371317010

I Certify That The Above Information Is True And Correct

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

North Atlantic

88 /1.8 oz GOLDEN-FRIED PRECOOKED WHOLE WHEAT FISH STRIPS

Wild Caught

CF13
Lot#

TO HEAT: PREHEAT Conventional OVEN TO 400 F, PLACE FROZEN STICKS ON A GREASED SHEET AND HEAT FOR 18-20 MINUTES.

For: Convectional Oven Preheat to 400 F **PLACE FROZEN STICKS ON A GREASED SHEET AND HEAT FOR 14-16 MINUTES.**

Ingredients: 71.4% Fish, (M Pollock) 16.0% 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.,
Contains Soybeans, Milk, Fish and Wheat.

PERFECT PORTION CONTROL

INDIVIDUALLY FROZEN

NET WT. 10 LBS. (4.54Kg.)

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



NAWW18

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Executive Secretary
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