



Product Name	3.6oz 51%WG Fish Portions (Full Muscle)		
Unit Weight	3.6 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: 1 / 3.6oz Fish Portion			
Servings per Case: 44			
Amount per Serving			
Calories	150	Calories from Fat	60
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		1%
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	3.5g		
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	370mg		15%
Total Carbohydrate	16g		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 (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
Allergy Information
Contains: Milk, Soy, Wheat, Fish
Nutrition Analysis
One 3.6oz Fish Portion = 2 Meat/MA & 1 Bread Servings for NSLP
Cooking Instructions
Ovens May Vary. Heating Time & Temperature May Require Adjustment. Cook at 400° F for 30-35 Minutes

Item Code	Description	UPC
NAWW36CN	3.6oz 51%WG Fish SANDWICH Portions (Full Muscle)	809311350633
NAWWHCN	3.6oz 51%WG Fish HOAGIE Portions (Full Muscle)	809371231125

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

AL Pollock
CF
Lot#

CN 070856
One 3.60 oz. Fried Breaded Fish Portion provides 2.00 oz. equivalent meat and 1.00 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)



GOLDEN-FRIED WHOLE WHEAT FISH PORTIONS 44/3.6oz

Ingredients: 71.4% Fish,(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.

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

KEEP FROZEN

PERFECT PORTION CONTROL

INDIVIDUALLY FROZEN

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



Wild Caught
NAWW36CN

NET WT. 10 LBS. (4.54 Kg)

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Executive Secretary
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