



AK POLLOCK, BREADED 3.6 OZ WHOLE GRAIN RECTANGLE PORTIONS PAR FRIED OVEN READY

WHOLE GRAIN COATED. BREADED ALASKA POLLOCK FILLETS 3.6 OZ RECTANGLES

TRIDENT SEAFOODS' LINE OF WHOLE GRAIN BREADED AND UNBREADED ALASKA POLLOCK ITEMS ALLOW YOU TO MEET CHANGING NSLP CHILD NUTRITION GUIDELINES WHILE CONTINUING TO PROVIDE THE SAME GREAT TASTING PRODUCTS YOUR STUDENTS HAVE ALWAYS LOVED. ALL NATURAL, SUSTAINABLY HARVESTED AND COATED WITH CRISPY WHOLE GRAIN



Product Last Saved Date: 14 June 2018

Nutrition Facts

44 Servings per container

Serving Size 1 PIECE (102 g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 8 g 12%

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 40 mg 13%

Sodium 280 mg 12%

Total Carbohydrate 14 g 5%

Dietary Fiber 2 g **8%**

Total Sugars 0 g

Includes g Added Sugars %

Protein 14 g

Vitamin D mg %

Calcium mg 2%

Iron mg 6%

Potassium mg %

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
418302	643716	00028029183023	1 X 10 LBR	

Brand	Brand Owner	GPC Description
Trident Seafoods	Trident Seafoods Corp.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.5 LBR	10 LBR	USA	Undeclared	Yes

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	9.938 INH	6.25 INH	.5392 FTQ	12x7	730 Days	-10 FAH / 0 FAH

Ingredients :

71.3% FISH (ALASKA POLLOCK), 28.7% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, WATER, SOY FLOUR, DEXTROSE, EXTRACTIVES OF PAPRIKA, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE). CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY.

Allergens (C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info)

Eggs - N	Milk - N	Peanuts - N
Soy - C	Wheat - C	TreeNuts - N
Fish - C	Crustacean - N	

Handling Suggestions :

KEEP FROZEN BELOW 0°F UNTIL READY TO USE.

Benefits :

ONCE FROZEN GENUINE ALASKA POLLOCK. NSLP COMPLIANT WHOLE GRAIN BREADING. USDA COMMODITY APPROVED OPTIONS.

Serving Suggestions :

PARFRIED BREADED ALASKAN POLLOCK PORTIONS ARE VERY SLIGHTLY SEASONED WITH A MILD FLAVOR AND A LIGHT CRUNCH.; SERVE ON A BUN WITH AN ORDER OF FRIES ON THE SIDE.

Prep & Cooking Suggestions :

COOKING INSTRUCTIONS - COOK FROM FROZEN. CONVECTION OVEN : BAKE AT 375 DEGREES F. FOR 15 TO 18 MINUTES. CONVENTIONAL OVEN : 425 DEGREES F. FOR 20-26 MINUTES. COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER. COOK TO AN INTERNAL TEMPERATURE OF 165°F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

More Information :

EMAIL: Contact consumeraffairs@tridentseafoods.com 1-866-413-4749