



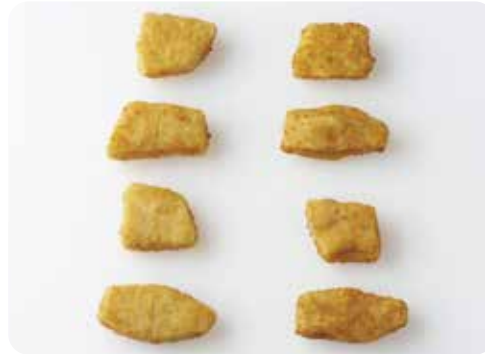
# CHILD NUTRITION

# Breaded Pollock

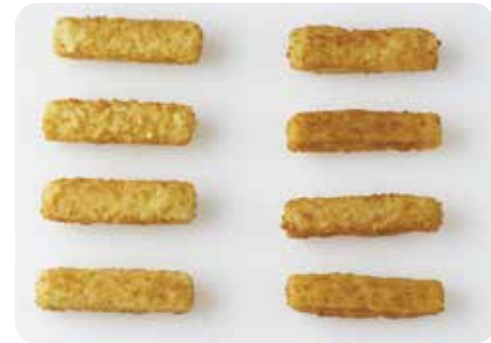
4.0 oz Rectangles



1 oz. Nuggets



1 oz. Sticks



Whole Grain • Reduced Fat • Oven Ready • Product of USA

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## Pollock On the Menu...

Fish Sandwich    Fish Nugget Basket    Fish Stick Platter



**DID YOU KNOW?**

The USDA recommends 2 servings of seafood per week as part of healthy diet



# Breaded Pollock



## Product Codes & Information

The ICYBAY Breaded Pollock Line is a sustainable and delicious seafood item designed to meet USDA Child Nutrition compliance standards. ICYBAY Breaded pollock is available in rectangles, nuggets and sticks. Each product features reduced fat NutraPure whole grain breading. ICYBAY Breaded Pollock is oven-ready, offering a good alternative to traditional fried seafood. ICYBAY Pollock is wild caught from Marine Stewardship Council certified fisheries

<b>PC#</b>	25142	25152	23236
<b>Species</b>	<i>Gadus chalcogrammus</i>	<i>Gadus chalcogrammus</i>	<i>Gadus chalcogrammus</i>
<b>Common Name</b>	Pollock	Pollock	Pollock
<b>Product Form</b>	1 oz Breaded Nuggets	1 oz Breaded Sticks	4 oz Breaded Rectangle
<b>Origin</b>	USA	USA	USA
<b>Harvest Method</b>	Trawl	Trawl	Trawl
<b>Pack</b>	1 x 10#	1 x 10#	1 x 10#
<b>Case Dimensions</b>	13.9" x 9.4" x 6.5"	13.9" x 9.4" x 6.5"	13.9" x 9.4" x 6.5"
<b>Ti X Hi</b>	14 x 8	14 x 8	14 x 8
<b>GTIN</b>	73129251424	73129251523	73129232362
<b>UPC</b>	73129251424	73129251523	73129232362
<b>Storage</b>	0-32°F	0-32°F	0-32°F
<b>Allergens</b>	Contains Fish (Pollock), Wheat	Contains Fish (Pollock), Wheat	Contains Fish (Pollock), Wheat
<b>Certification(s)</b>	Marine Stewardship Council	Marine Stewardship Council	Marine Stewardship Council

**Nutrition Facts**  
 160 servings per container  
**Serving size 4 pieces (113g)**  
 Amount per serving  
**Calories 180**  
 % Daily Value\*

Total Fat 4g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 16g</b>	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	5%
Potassium 331mg	8%

\*The % Daily Value is based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.  
 Calories from Fat 35

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**Nutrition Facts**  
 160 servings per container  
**Serving size 4 pieces (113g)**  
 Amount per serving  
**Calories 180**  
 % Daily Value\*

Total Fat 4g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 46mg	16%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 16g</b>	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	5%
Potassium 331mg	8%

\*The % Daily Value 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.

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

**Nutrition Facts**  
 Serving Size (102g)  
 Servings Per Container  
 Amount Per Serving  
**Calories 140**    Calories from Fat 35  
 % Daily Value\*

Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 15g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 5%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.  
 Calories: 2,000    2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g