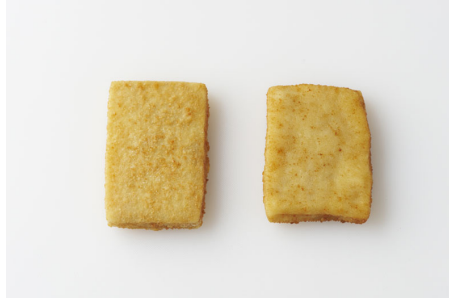


Your Better Choice in Seafood®

Pollock / Reduced Fat & Sodium Oven-Ready Breaded AK Pollock Rectangle 3.6 oz CN

UCC14 Code: 00073129232287 UCC12 Code: 073129232287 SUPC Code: 0724181



PRODUCT/PACKAGING INFORMATION:

Case Cube	Case Configuration	Pallet Configuration	Cases per Pallet
0.473	13.19 x 9.44 x 6.563	14x8	112
Pack Size	Unit Weight	Gross Weight	Net Weight
1/10#	10	11	10

Farm/Fishery Specification: MSC
Frozen Shelf Life: 24 months from date of manufacture.
Allergens: Yes. Please see label.
Approx. Servings per Case: 44
Labeling: "CN, Oven Ready"
Freezing: IQF

PRODUCT LABEL:

23228MSC **ICYBAY**
LOT# 03825 REDUCED FAT WHOLE GRAIN BREADED
DATE: 19087 OVEN-READY AK POLLOCK PORTION 3.6 OZ.



INGREDIENTS: 71.4% FISH (POLLOCK), 18% BREADING, 12.6% BATTER & WATER, FISH, CRACKER MEAL, WHOLE WHEAT FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, EXTRACTIVES OF PAPPA), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, INOSITOL, FOLIC ACID), WHOLE WHEAT FLOUR, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WATER, CANOLA OIL, GARLIC POWDER, ONION POWDER, DEXTROSE, WHEAT GLUTEN, YEAST EXTRACT, SPICES, SALT, SOYBEAN OIL, (AS A PROCESSING AID).

CONTAINS: FISH (POLLOCK) AND WHEAT.

COOKING INSTRUCTIONS: PRE-HEAT CONVECTION OVEN TO 400°F. PLACE FROZEN PORTIONS ON A PARCHMENT LINED SHEET AND HEAT FOR 14-18 MINUTES. PRE-HEAT TRADITIONAL OVEN TO 425°F AND HEAT FOR 18-22 MINUTES.



CN
One 3.6 oz. portion of Breaded Fish Portions provides 2.00 oz. equivalent meat and 1.00 OZ. EQ. Grams for Child Nutrition Label Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, US DAs (01-159))

NET WEIGHT 10 LBS (4.54 Kg)

Nutrition Facts	
Serving Size (102g) Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 240mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

KEEP FROZEN
PC #23228MSC
ICYBAY
REDUCED FAT WHOLE GRAIN
BREADED OVEN-READY AK
POLLOCK PORTION 3.6 OZ.



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DISTRIBUTED BY: SLADE GORTON & CO.,
BOSTON, MA 02118

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Sugars 0g	
Protein 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. 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	300g	375g
Dietary Fiber	25g	30g

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

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% Daily Value*	
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Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 230mg	10%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 297mg	6%

*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.

sodexo

<http://sodexoseafood.com>

Quality of Daily Life Solutions