



Product Name	3.6oz 51%WG Fish Portions (Full Muscle Pollock)		
Unit Weight	3.6oz	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 SANDWICH Shaped Fish Portions	809311350633
NAWWHCN	3.6oz 51%WG HOAGIE Shaped Fish Portions	809371231125

I Certify That The Above Information Is True And Correct

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