

418304



# BAJA FISH STICKS

LOT: AYJJJLW



1 oz Crunchy Breaded Fish Sticks

EST.NO. 391#

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Four precooked breaded fish sticks (1.0 oz. each) provides 2.00 oz. equivalent meat and 1.25 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 00/0000)

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65% FISH (ALASKA POLLOCK) 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], WHOLE WHITE CORN TORTILLA PIECES [WHOLE WHITE CORN FLOUR, VEGETABLE OIL [CORN, SOYBEAN AND/OR SUNFLOWER]], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR [PROCESSED WITH LIME], SALT, WHEAT GLUTEN, YEAST EXTRACT, DRIED GARLIC, DRIED ONION, DRIED YEAST, GREEN JALAPENO PEPPER, MALTODEXTRIN, SPICES, SUGAR, PAPRIKA EXTRACT [COLOR], COCONUT OIL, CITRIC ACID, NATURAL FLAVORS, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, LACTIC ACID, CALCIUM LACTATE, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES).  
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK

Cooking Instructions:\*  
 KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.  
 Convection oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.  
 Conventional oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 16 to 18 minutes until crisp. Turn product halfway through bake time for best results.  
 Deep Fry: Heat oil to 350° F. Fry frozen product for 3 to 3½ minutes until product is golden brown.  
 Microwave cooking is not recommended.  
 \* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

**QUICK FROZEN - OVEN READY**

**NET WT. 10 LB. (4.54 kg)**

CFN/FEI# ##### 391-



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