

418321



EST.NO. 391#

4.0 oz. Crunchy Breaded Fish Portions

LOT: AYJJJLW



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One precooked breaded fish portion (4.0 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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Cooking Instructions*:

KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.
Convection oven: Preheat to 400° F. Place frozen product on lightly greased baking sheet, cook for 18 to 22 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 20 to 26 minutes until crisp. Turn product halfway through bake time for best results.
Deep Fry: Heat oil to 350°F. Fry frozen product for 4 to 4½ 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.

INGREDIENTS: 67.5% FISH (ALASKA POLLOCK) 32.5% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SUGAR, SALT, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, EXTRACTIVES OF PAPRIKA, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE).
CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY.

QUICK FROZEN - OVEN READY

NET WT. 10 LB. (4.54 kg)

CFN/FEI# ##### 391#



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