

4 oz Breaded Haddock Rectangles, CN

Quick and easy to prepare, these tender portions combine moist, flaky fish with a uniquely delicious breading. Available in a wide range of shapes and species.



Nutrition Facts

40 Servings per container

Serving Size 1 Rectangle

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 10 g 13%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 40 mg 14%

Sodium 320 mg 14%

Total Carbohydrate 20 g 7%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 15 g

Vitamin D 0 mg 0%

Calcium 0 mg 0%

Iron 1.2 mg 6%

Potassium 250 mg 6%

*The % Daily Values (DV) 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.

Product Specifications:

Code	GTIN	Pack	Type Of Catch
10001310	10073538013108	1 X 10 LBR	Wild

Brand	GPC Description
High Liner Foodservice	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8 INH	7.8 INH	8.6 INH	0.6 FTQ	15x5	18	0 FAH / 0 FAH

Ingredients:

67.0% HADDOCK; 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: CORN STARCH, WATER, SALT, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVE OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVORS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (HADDOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION

OVEN: Preheat oven to 400°F and bake for 12- 14 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 18-

Serving Suggestions:

ENTREE

Species / Scientific Name:

Haddock

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement : 2M

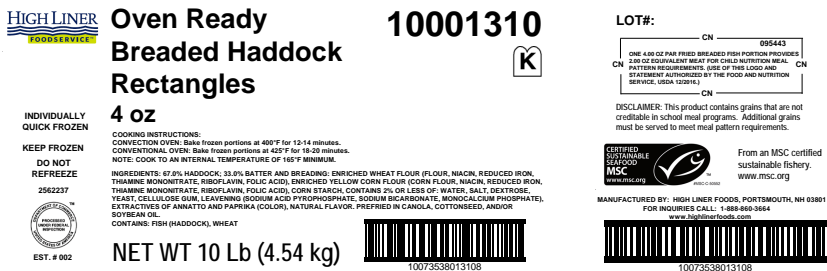


CN Information :

CN Statement : 2M
 Suggested Bid :
 Meat/Meat Alternative : SIZE 4.00 oz RAW INPUT WEIGHT 2.6800 oz
 (67.0%) COOKED WT. (78% YIELD) 2.090 oz MEAT EQUIVALENT (1)
 2.00 oz
 WholeGrain Credit Calculation : N/A

Label Copy

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



High Liner Foods
Oven Ready Breaded Haddock Rectangles
4 oz
10001310

INDIVIDUALLY QUICK FROZEN
KEEP FROZEN
DO NOT REFREEZE
 2562237

COOKING INSTRUCTIONS:
CONVECTION OVEN: Bake frozen portions at 400°F for 12-14 minutes.
CONVENTIONAL OVEN: Bake frozen portions at 425°F for 18-20 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 67.0% HADDOCK, 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: WATER, SALT, DEXTROSE, YEAST, CELLULOSE GUM, LEUCING, SODIUM ACID PYROPHOSPHATE, SODIUM BISULFATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR, PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.
 CONTAINS: FISH (HADDOCK), WHEAT

NET WT 10 Lb (4.54 kg)

LOT#: CN 095443
 ONE 4.00 OZ PAN FRIED BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA (2017-1).
 CN
 CN
DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.

CERTIFIED SUSTAINABLE FISHERY
 MSC
 From an MSC certified sustainable fishery.
 www.msc.org

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
 FOR INQUIRIES CALL: 1-888-866-3664
 www.highlinerfoods.com

High Liner Bid Desk Contact and Specification Verification



Dawn Enos / Sales Operations Manager k12
PH: 603-818-5334
Email: dawn.enos@highlinerfoods.com