

# Good Harbor Fillet

## Precooked "Nacho" Breaded Pollock Sticks 1 oz.

**MIDSHIP**

Brand

CHILD NUTRITION

### COOKING DIRECTIONS

**CONVENTIONAL OVEN:** Preheat oven to 425°F. Evenly space frozen sticks 1/2 - 3/4" apart directly on a baking sheet coated with cooking spray. Bake 16 - 18 minutes and ensure internal temperature reaches 160°F.

**CONVECTION OVEN:** Preheat oven to 400°F. Evenly space frozen sticks 1/2 - 3/4" apart directly on a baking sheet coated with cooking spray. Bake 12 - 14 minutes with fan set on LOW and ensure internal temperature reaches 160°F.

### INGREDIENTS

Alaska Pollock. 65.00%: Breeding 23.00%: tortilla chips [yellow whole corn, vegetable oil (contains corn and/or soybean and/or sunflower oil)], wheat flour, yellow corn flour, yellow corn germ, salt, parsley, spices, whey, tomato powder, onion powder, garlic powder, sugar, yeast, soybean oil, yeast extract, canola oil, paprika. Batter 12.00%: water, yellow corn flour, corn starch, salt, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, garlic powder, yeast extract, natural flavors. Precooked in canola, cottonseed oil and/or soybean oil. **Contains: Pollock, wheat, milk.**

### Nutrition Facts

Serving Size 4 Sticks (112g)	
Servings Per Container 40	
<b>Amount Per Serving</b>	
<b>Calories 210</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 15g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*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	

<b>CODE</b>	38118
<b>PRODUCT</b>	PC PLK STX 1oz NACHO CN-A
<b>PACK</b>	1/10 LB.
<b>CASE DIMENSIONS</b>	13.25 x 9.5 x 6.75
<b>CASE CUBE</b>	0.492
<b>UPC #</b>	1 00 28641 38118 5
<b>TI/MI</b>	14 x 8
<b>Shelf Life</b>	1 year
<b>CT / CS</b>	160
<b>Weight In Lbs.</b>	10 Net, 11 Gross

**Contains:** POLLOCK, WHEAT, MILK. All fish is wild caught.  
Keep Frozen at 0° F or below.

Four 1 oz. precooked nacho flavored breaded fish stick provide 2.00 oz. equivalent meat and 0.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements.