



CN Fully Cooked Breaded Fish Sticks

Code:	449248
Case Pack:	10 lb.
Net Weight:	10 lb.
Storage:	Frozen
Servings per Case:	40



Product Description:

Lightly breaded and seasoned formed fish portions in a fun stick shape. These delicious fish sticks have a mild flavor and light crunch. Made from fillets and minced fish, including Pollock, Cod, and Halibut. Precooked and easy to portion for your convenience. Add value and variety with this great item.

Serving Suggestions:

Perfect to serve with your favorite dipping sauces such as ketchup, tartar sauce, or cocktail sauce. Serve in a basket with fries for "fish and chips" Try placing 2 sticks in a corn tortilla and top with salsa, cheese and shredded cabbage for an authentic Fish Taco!

Preparation Instructions:

Designed to cook from frozen. Preheat Oven or Oil. Convection Oven: Bake at 375 degrees F. For 13 to 15 minutes. Conventional Oven: Bake at 425 degrees F. For 18 to 20 min. Deep Fry: Fry at 350 degrees F. For 3 to 3 ½ minutes or until the internal temperature reaches 155 degrees F or higher. Cooking times & temperatures may vary with equipment.

Ingredients: Fish Mixture (Pollock, Cod, Flounder Or Tilapia. Minced Pollock, Tetrasodium Pyrophosphate, Salt) Coating: Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Partially Hydrogenated Canola Oil, Modified Food Starch, Iodized Salt, Yellow Corn Flour, Dehydrated Parmesan Cheese (Made From Milk, Cheese Cultures, Salt and Enzymes), Sugar, Yeast, Onion Powder, Spices, Garlic Powder, Partially Hydrogenated Soybean Oil, Natural Flavor, and Oleoresin Paprika. Par-Fried in Vegetable Oil (Soybean and/or Canola Oil).

Child Nutrition Information:

Serve 4 sticks to meet 2 meat/meat alternate and 1 bread alternate.

Nutrition Facts

Serving Per Container: 40

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 670mg 28%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 5%

Sugars 0g

Protein 16g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Fish, Milk and Wheat. May also contain Egg and Soybeans.