



## CN FC Fish Sticks

<b>Code:</b>	449248
<b>Case Pack:</b>	10 lbs.
<b>Net Weight:</b>	10 lbs.
<b>Storage:</b>	Frozen
<b>Servings per Case:</b>	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*

**Preparation Instructions:**

*Convection Oven 375 degrees F for 13-15 minutes.*

**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:** 4 sticks equals 2 Meat/Meat Alternate and 1 serving of bread.

<b>Nutrition Facts</b>	
Serving Size 4 Sticks	
Serving Per Container: 40	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	18%
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 670mg	28%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 1g	5%
Sugars 0g	
<b>Protein</b> 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, Wheat, Egg, Soy