

Golden Crunchy Breaded Pollock



Trust at Every Level, Satisfaction in Every Bite

Fishery Products International / High Liner Foods is taking school seafood to a whole new level with the introduction of its Golden Crunchy line of breaded seafood. FPI delivers a far superior product to its K-12 customer base with USDA commodity line of Alaska Pollock.

Our Golden Crunchy Breaded Pollock is 100% CN compliant, packed with beneficial Omega-3 fatty acids and made to meet your dietary needs at an affordable price. To guarantee a fresh great taste, the Pollock is untreated, frozen just once, and coated with a light and crunchy breading. Best of all, unlike the competitions' products, our Golden Crunchy strips, portions, nuggets and sticks will have your students lining up and coming back for more!



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Product Benefits

- Once-frozen and untreated for fresher taste
- Sourced from the cold, clean Alaskan waters
- 100% CN compliant
- Meets dietary needs at an affordable price
- Packed full of Omega-3s, providing nutrition in every bite
- As part of the *USDA Commodity Program*, they are compliant with both the *National School Lunch Act* and the *Child Nutrition Reauthorization Act*, as well as all other *Buy American* provisions

Product Information

FPI has a full portfolio of crispy Golden Crunchy Alaska Pollock products in sticks, portions, strips and nuggets for foodservice and K-12 commodity bid opportunities.

Product #	Product Description	Portion Size
K-12 Commodity Bid Portfolio		
1089300	Oven Ready Golden Crunchy Brd Pollock Portions	3.6 oz.
1089301	Oven Ready Golden Crunchy Brd Pollock Nuggets	1 oz.
1089302	Oven Ready Golden Crunchy Brd Pollock Sticks	1 oz.
1089303	Oven Ready Golden Crunchy Brd Pollock Strips	1.25 oz.
K-12 Commercial & Foodservice Portfolio		
1089300F	Oven Ready Golden Crunchy Brd Pollock Portions	3.6 oz.
1089301F	Oven Ready Golden Crunchy Brd Pollock Nuggets	1 oz.
1089302F	Oven Ready Golden Crunchy Brd Pollock Sticks	1 oz.
1089303F	Oven Ready Golden Crunchy Brd Pollock Strips	1.25 oz.

Cooking Instructions

For all products: Cook from frozen state.
Convection Oven: Preheat and bake at 375°F

Oven Ready Golden Crunchy Breaded Pollock Portions

Cook Time: 15-17 minutes

Oven Ready Golden Crunchy Breaded Pollock Nuggets

Cook Time: 11-13 minutes

Oven Ready Golden Crunchy Breaded Pollock Sticks

Cook Time: 9-11 minutes

Oven Ready Golden Crunchy Breaded Pollock Strips

Cook Time: 11-13 minutes

1089300/1089300F
Oven Ready Golden Crunchy
Breaded Pollock Portions

Nutrition Facts	
Serving Size 1 Piece (101g) (3.6 oz)	
Servings Per Container 80	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugar 1g	
Protein 14g	28%
Vitamin A 0%	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.

1089301/1089301F
Oven Ready Golden Crunchy
Breaded Pollock Nuggets

Nutrition Facts	
Serving Size 4 Nuggets (112g)	
Servings Per Container 80	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 290mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugar 1g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1089302/1089302F
Oven Ready Golden Crunchy
Breaded Pollock Sticks

Nutrition Facts	
Serving Size 4 Sticks (112g)	
Servings Per Container 80	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 290mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugar 1g	
Protein 15g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1089303/1089303F
Oven Ready Golden Crunchy
Breaded Pollock Strips

Nutrition Facts	
Serving Size 3 Strips (107g) (3.75 oz)	
Servings Per Container 80	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 250mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugar 1g	
Protein 14g	28%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For more information, contact your local broker
or visit our website at www.FPIk12.com.

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