



Product Description

- This item is uncooked, oven-ready, single frozen Alaska Pollock fish sticks made from deep skinned fillet, with a whole grain-rich breading. This product is delivered frozen in cases containing four 10-pound packages or eight 5-pound packages.

Crediting/Yield

- One case of Alaska Pollock fish sticks provides about 320 2-ounce portions.
- CN Crediting: 2 ounces of Alaska Pollock fish sticks credit as 1 ounce equivalent meat/meat alternate and 1/2 ounce equivalent grain. Please use the CN label or product formulation statement to confirm crediting information.

Culinary Tips and Recipes

- Breaded fish sticks can be baked and served as a main entrée or used as a protein component for dishes such as a fish tacos, fish sandwiches, rice bowls or salads.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 2 ounces (57g)/1 MMA whole grain-rich breaded fish sticks

Amount Per Serving

Calories 105

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 20mg

Sodium 200mg

Total Carbohydrate 11g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Contains fish and wheat. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.