



# Breaded Pollock

with Green Pea Blend Vegetables & Carrots



## Packaging

Meal Number	044	Case Length	18.5 in
GTIN	00814748000440	Case Width	14.5 in
Pack Size	20 each	Case Height	8.75 in
Meal Weight	9.6 oz	Case Cube	1.36 ft <sup>3</sup>
Case Weight Gross	15.5 lbs	Cases/Pallet	48
Case Weight Net	12 lbs	Hi	8
Case Pack Code	yymmdd	Ti	6

## Nutrition Facts

Serving Size 1 Meal (272g)  
Servings Per Container: 1

### Amount Per Serving

**Calories 270** Calories from Fat 80

**% Daily Value\***

**Total Fat 9g** 14%

**Saturated Fat 2g** 10%

*Trans Fat 0g*

**Cholesterol 45mg** 15%

**Sodium 350mg** 15%

**Total Carbohydrate 29g** 10%

**Dietary Fiber 6g** 26%

**Sugars 6g**

**Protein 18g**

**Vitamin A 230%** • **Vitamin C 50%**

**Calcium 4%** • **Iron 10%**

## Preparation

Cook times may need to be adjusted due to variations in appliances. Check that product is heated to internal temperature of 165°F.	
Microwave	Slit film over each compartment. Microwave on high 5 minutes. Carefully remove product and let stand 2 minutes.
Conventional Oven	Slit film over each compartment. Bake at 350°F for 25 minutes. Carefully remove product.

## Additional

Allergens	Fish, Soy, Wheat	Order Lead Time	14 days
Kosher	No	Storage	-10°—10°F
CN	No	Shelf Life	365 days*

\*From production when kept at 0°F or below

Information shown may vary from product currently in distribution. Changes in ingredients, processes, and regulations occur, affecting content. The most accurate information is available on product package.

Issued: 4/1/16 Supersedes: 00/00/00

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