

Nutrition Facts

40 servings per container

Serving size

1 Portion
(112g)

Amount per serving

Calories

220

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 770mg 33%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 6%

Total Sugars 1g

Includes less than 1g Added Sugars 1%

Protein 13g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.8mg 10%

Potassium 220mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



HIGH LINER FOODSTM

Product Name: Oven Ready Whole Grain Breaded Fish Sandwich Portions

Product Code: 10020622

Serving Size: 4 oz

Date: 3/11/2020

Meat

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Creditable Amount (A x B)
Seafood, frozen, Fish fillet block, <i>Raw</i> , cooked fish	2.11 oz	0.78 lb	1.6458 oz
Total Meat Creditable Amount:			1.6458 oz

Alternate Protein Product (APP)

Description of APP, manufacturer's name, and code number	Ounces Dry App Per Portion (A)	% of Protein As-Is (B)	Creditable Amount (A x B / 18)
PROPLUS 500F Vegetable Protein Product	0.11 oz	86.00	0.5255 oz
Total APP Creditable Amount:			0.5255 oz

Grains Based on Grams of Creditable Grains

Does this product meet the Whole Grain-Rich Criteria:

Does this product contain non-creditable grains: 1.34 g

Description of Creditable Grain Ingredient	Exhibit A Group (A - I) the Product Belongs To	Grams of Creditable Grain Ingredient per Portion (A)	Gram Standard of Creditable Grain per oz Equivalent (B)	Creditable Amount (A / B)
Enriched Wheat Flour	Group A	11.47 g	16.00 g	0.7168 oz eq.
Whole Wheat Flour	Group A	11.59 g	16.00 g	0.7240 oz eq.
Whole Yellow Cornmeal	Group A	1.91 g	16.00 g	0.1193 oz eq.
Total Grains Based on Grams of Creditable Grains Creditable Amount:				1.50 oz eq.

Meal Pattern Contribution Statement

DISCLAIMER: The Product Formulation Statement (PFS) Workbook can be used by manufacturers to develop certified PFS documents. However, documents developed and printed using the PFS Workbook does not constitute approval by USDA. Please note, USDA DOES NOT approve manufacturers' PFS documents.

I certify that the above information is true and correct and that a **4 oz** ounce serving of the above product (ready for serving) provides **2.00** ounces of equivalent meat/meat alternate, **1.50** oz equivalent Grains when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation and that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature

Title

Printed Name

Phone Number