

EG Forrest

FOOD SERVICE DISTRIBUTORS



KEEP FROZEN



INGREDIENTS:

65.3% Fish, 19.5% Breading: enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), iodized salt, whey, yeast, dextrose, sugar, yellow corn flour, partially hydrogenated soybean oil, spice extractive, and colored with oleoresin of paprika. 15.2% Batter: water, enriched yellow corn flour (corn flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified corn starch, iodized salt, cellulose gel, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), cellulose gum, spice extractive and natural flavor. Fried in soybean oil.

COOKING INSTRUCTIONS:

Conventional Oven: Place frozen in preheated 425°F oven and bake approximately 20 minutes.

Convection Oven: Bake at 400°F approximately 15 minutes.



EST NO. 045

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One 3.0 oz. fried breaded fish portion provides 1.50 oz. equivalent meat and 1.00 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, U.S.D.A. 04-98).

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3 oz. Precooked Breaded FISH PORTIONS COD



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NET WT. 10 LBS. (4.54 KG)

EG FORREST #

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