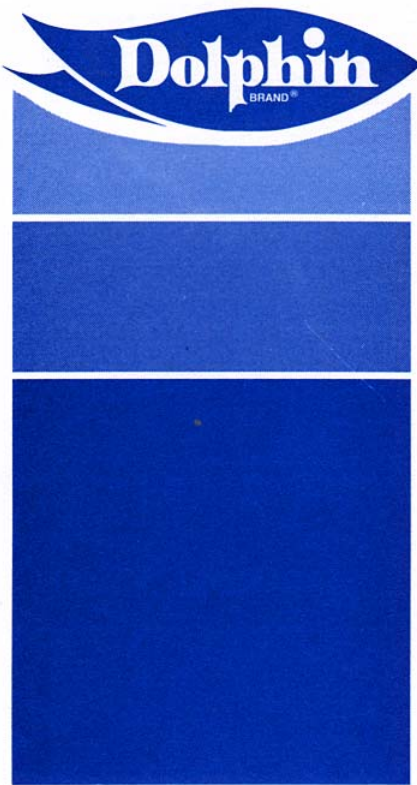


EG Forrest

FOOD SERVICE DISTRIBUTORS

KEEP FROZEN



INGREDIENTS:

71.3% Fish, 15.2% Breading: enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil shortening, iodized salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, dextrose, yeast, sugar, yellow corn flour, caramel color, spice extractive, dough conditioners (ascorbic acid, cysteine HCL), colored with oleoresin paprika. 13.5% Batter: water, white corn meal, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, onion powder, yellow corn flour, salt, contains 2% or less of the following: sugar, leavening (sodium bicarbonate, sodium aluminum phosphate), garlic powder, whey. 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

CN ————— 040270
One 3.60 oz. precooked fish portion provides 2.00 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. 05-98)
CN ————— CN

506584(020699)

22659

**3.6 oz.
Precooked
Breaded
Super Crunchy
FISH PORTIONS
Whiting Rectangle**



00079149226596

NET WT. 10 LBS. (4.54 KG)

Packed by Iceland Seafood Corporation, Newport News, VA 23603

**EG FORREST #
849266**