

WILD CAUGHT ALASKA POLLOCK
DELICIOUS SUSTAINABLE

THE ULTIMATE FISH STICK

More fish
Less breading™

60

PANKO BREADED FISH STICKS
MADE FROM WHOLE FILLETS

12g
PROTEIN
PER SERVING

NET WT. 4 lb (1.81 kg)

MUST BE COOKED
KEEP FROZEN

SERVING SUGGESTION
ENLARGED TO SHOW DETAIL



MICROWAVE OVEN Cook 3 frozen fish sticks on high power for 1 1/2 to 3 minutes.



AIR FRYER Set air fryer temperature to 400°F. Place frozen fish sticks in a single layer, cook for 10 to 11 minutes.

*Cooking times and temperatures may vary substantially. Internal temperature should be checked to ensure fish is cooked through. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may be present.

CN 099065
 Three precooked breaded fish sticks (1.0 oz. each) provide 1.50 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 11/2020.)
 CN



ITM. / ART. 816563

100% OF PURCHASE



Questions or Comments?
 We'd love to hear from you! Please contact our Consumer Affairs team for more food information:
 Toll-free 1-866-413-4749 or by email at ConsumerAffairs@TridentSeafood.com



Includes 0g Added Sugars

0%

Protein 12g

24%

Vitamin D 0.1mcg

0%

Calcium 10mg

0%

Iron 1.2mg

6%

Potassium 240mg

6%

* The % Daily Value (DV) 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.

INGREDIENTS: 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE GRAIN YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SEASONING [MALTODEXTRIN, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE & DISODIUM GUANYLATE, MODIFIED CORN STARCH, BUTTERMILK, NATURAL FLAVOR], CORN STARCH, SALT, WHOLE GRAIN YELLOW CORN MEAL, RICE STARCH, VITAL WHEAT GLUTEN, MALTED BARLEY FLOUR, YEAST, TAPIOCA STARCH, LEAVENING [CREAM OF TARTAR, BAKING SODA], SPICE EXTRACTIVES).

CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

TRIDENT SEAFOODS CORPORATION
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TridentSeafoods.com



WANT TO LEARN MORE?

Scan this code to find out about where this fish is caught and our commitment to sustainability, transparency, and social responsibility.

READY TO COOK.

frozen

375°F. Place frozen fish sticks on lightly oiled surface. Bake for 13 minutes until crisp. Turn product halfway through. For best results.

Place frozen fish sticks for 3 to 4 minutes

Place fish sticks on high power for

Preheat oven to 400°F. Place frozen fish sticks on a baking sheet. Bake for 13 minutes.

Internal temperature should be at least 165°F. We advise you to eat fish, however, occasional bones may still be present.

099065
Net weight 1.50 oz.
See Nutrition Facts
and statement
of ingredients on the
inside of the bag.
(USA, 98107)



Est. No. 391A

Questions or Comments?

For a free copy of our Consumer Affairs brochure, please call 1-800-812-8169 or by email at ConsumerAffairs@tridentseafoods.com



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