



Breaded Pollock Wedge with Parma Rosa Sauce

with Corn w/Red Peppers & Italian Green Beans

067



Nutrition Facts

1 serving per container
Serving Size 1 Meal (281)

Amount per serving

Calories 280

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 400mg 17%

Total Carbohydrate 32g 12%

Dietary Fiber 4g 15%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 70mg 5%

Iron 2mg 10%

Potassium 630mg 13%

Packaging

Meal Number	067	Case Length	18.125 in
GTIN	00814748000679	Case Width	14.125 in
Pack Size	20 each	Case Height	8.125 in
Meal Weight	9.9 oz	Case Cube	1.20 ft ³
Case Weight Gross	15.9 lbs	Cases/Pallet	48
Case Weight Net	12.4 lbs	Hi	8
Case Pack Code	yymmdd	Ti	6

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 6 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, Wheat, Milk	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.

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