

Quest Food Management

001131 - fish sandwich w/cheese : nslp	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 40 Size of Portion: serving	Meat/Alt: 2.25 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

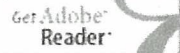
Ingredients	Measures	Instructions
902853 fish filet seafit cod 576255.....	40 (1 piece)	
903576 bread-alpha hamburger white wheat 51535....	40 each	
990093 cheese american.....	40 slice 200 ct	

*Nutrients are based upon 1 Portion Size (serving)

Calories	392 kcal	Cholesterol	30 mg	Sugars	*3.4* g	Calcium	90.75 mg	35.83%	Calories from Total Fat
Total Fat	15.59 g	Sodium	1090 mg	Protein	19.26 g	Iron	1.44 mg	10.92%	Calories from Saturated Fat
Saturated Fat	4.75 g	Carbohydrates	42.88 g	Vitamin A	162.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.65 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	43.80%	Calories from Carbohydrates
								19.68%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

592617 - CHEESE AMER 200CT SLCD 4-5# P/L



General

Nutrition

Product Image

Based on: Rounding:

Description: AP Cheese, Amer, Pasteurized, Proc, Slcd

Ingredients: For ingredient or allergen information please contact: Associated Milk Prod... [More](#)

Nutritional Information		
Serving Size: 2 Slc (23 g)		
Amount Per Serving:		
Calories	80	Calories From Fat: 63
		% Daily Value
Total Fat	7 g	11%
Saturated Fat	4 g	20%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	20 mg	7%
Sodium	360 mg	15%
Potassium	n/a	n/a
Total Carbs	2 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	n/a
Protein	4 g	8%
Vitamin A -	6%	Vitamin C - 0%
Calcium -	10%	Iron - 0%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4
		Protein 4

School Equivalents	
Child Nutrition Label	No
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Bread	n/a
Updated for New Final Rule	
Meat/Meat Alternate	n/a
Grain/Bread	n/a
Fruit	n/a
Vegetable:	
Red/Orange	n/a
Dark Green	n/a

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	300 IU
Vitamin A	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a

Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	
n/a	

Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	0 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0 mg
Folic Acid	n/a

Ingredients	For ingredient or allergen information please contact: Associated Milk Producers, phone: 800-533-3580. www.ampi.com Manufacturer number: 11D7107. Nutrition updated June 2013. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Back
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592617 - CHEESE AMER 200CT SLCD 4-5# P/L

Print

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INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2559368



EST. No. 045



Seafit™

Sandwich Iceland Style

Par Fried Whole Grain Breaded

Fish Portions 3 oz With Vegetable Protein Product

NET WT 10 Lb (4.54 kg)

10020621

COOKING INSTRUCTIONS:
CONVENTIONAL OVEN: Bake at 425°F for 15-18 minutes.
CONVECTION OVEN: Bake at 400°F for 12-15 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 66.0% SEAFOOD MIX (FISH: 52.8% [51.2% POLLOCK, 1.55% WATER, 0.05% SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; WATER: 8.9%; VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN), SEASONINGS: 1.5% (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVORS, POLYSORF (EMULSIFIER)); BATTER & BREADING: 34.0%; WHOLE WHEAT FLOUR, WATER, ENRICHED WHE FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIE FOLIC ACID), WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOU MODIFIED CORN STARCH, SUGAR, SALT, YEAST, DRIED WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DI ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), PF IN CANOLA, COTTONSEED AND/OR SOYBEAN OIL.
CONTAINS FISH (POLLOCK), WHEAT, SOY, MILK

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091888

ONE 3.00 OZ FRIED WHOLE GRAIN BREADED FISH PORTION WITH VEGETABLE PROTEIN PRODUCT PROVIDES 1.50 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 12/14).

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MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
FOR INQUIRIES CALL: 1-888-860-3664
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LWB
 Larry Wiginton, QA Manager
 6/27/2014

Nutritional information summary for the school dietician

White Wheat Hamburger Buns 60ct

Serving Size: 1 Bun
 Servings per Pack: 60
 Serving Weight: 58 Grams
 2.0 Oz

Product # 51535
 2.00 School Bread Servings
 (Whole Grain-Rich)

Whole Grain:	19.6 Grams each	57% of total Flour
Enriched Flour:	14.9 Grams each	43% of total Flour
Total Flour:	34.5 Grams each	17.3 grams of total flour per each bread serving

ALLERGEN Statement: Contains: Wheat.

Nutrient*	Per Serving	% RDA	
Calories	146.98	7%	INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Potassium Sorbate and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).
Calories from Fat	17.32		
Protein (gm)	6.24		
Carbohydrates (gm)	26.47	9%	
Dietary Fiber (gm)	2.65	11%	
Total Sugars (gm)	3.38		
Total Fat (gm)	1.94	3%	
Saturated Fat (gm)	0.32	2%	
Poly Fats (gm)	0.83		
Mono Fats (gm)	0.83		
Trans Fats (gm)	0.01		
Cholesterol (mg)	0.00	0%	
Sodium (mg)	248.14	10%	
Calcium (mg)	32.02	3%	
Iron (mg)	1.43	8%	
Phosphorus (mg)	86.93	9%	
Potassium (mg)	106.53	3%	
Magnesium (mg)	28.29	7%	
Zinc (mg)	0.65	4%	
Thiamine (mg)	0.22	15%	
Riboflavin (mg)	0.12	7%	
Niacin (mg)	2.27	11%	
Folate (mcg)	31.83	8%	
Vitamin A (IU)	0.00	0%	
Vitamin B6 (mg)	0.06	3%	
Vitamin C (mg)	0.00	0%	
Vitamin D (IU)	0.00	0%	
Vitamin E (mg)	0.23	1%	

* Nutritional analysis is computed from databases.
 "Per Serving" information is unrounded and based on product weight.

Definitions:

"1.0 School Bread Serving" = "1oz of bread, at least 16g flour per oz"

"Whole Grain-Rich" means at least 8 grams of the flour is WHOLE GRAIN (per serving), and the remainder of the flour, if any, is Enriched.