CHILD NUTRITION INFORMATION

Product Name: Gorton's Breaded Fish Sticks made from minced fish

Product Code: 44400 15430 Size: 12+ ct - 7.6 oz box
44400 15460 Size: 30+ ct - 19.0 oz box
44400 15650 Size: 18+ ct - 11.4 oz box

Distributed by: Gorton's, Gloucester, MA 01930

List Varieties of Fish Used in Product: Minced Pollock

Total Weight per Portion of Uncooked Product (as purchased): 0.60 oz per stick

Weight of Raw Fish per Portion: 0.30 oz raw fish per stick

Ounces Equivalent Meat: 0.30 oz x 75% cooking yield = 0.22 oz per stick x 3 sticks/serving = 0.66 oz/serving

Bread/Bread Alternate:

2.05g breading x 3 sticks = \[
\frac{6.15\text{g breading}}{14.75\text{g creditable grain per serving}} = 0.42\text{ servings}
\]

1.54g dry batter x 3 sticks = \[
\frac{4.62\text{g batter}}{14.75\text{g creditable grain per serving}} = 0.31\text{ servings}
\]

0.42 serving bread + 0.31 servings batter = 0.73 serving rounds to 0.50 servings of bread alternate

I certify that the above information is true and correct and that Three fried breaded minced fish sticks (0.60 oz. each) provide 0.50 oz equivalent meat and 0.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements.

Martha R. Wiberg
Signature

Quality Assurance Manager – Regulatory
Title

January 21, 2013
Date

128 Rogers Street, Gloucester, MA 01930
978-283-3000
CHILD NUTRITION INFORMATION

Product Name: Gorton's Value Pack Battered Fish Fillets made from minced fish

Product Code: 44400 11250  Size: 12 ct – 24.5 oz box

Distributed by: Gorton's, Gloucester, MA 01930

List Varieties of Fish Used in Product: Minced Pollock

Total Weight per Portion of Uncooked Product (as purchased): 2.0 oz per portion

Weight of Raw Fish per Portion: 0.94 oz raw fish per portion

Ounces Equivalent Meat: 0.94 oz x 75% cooking yield = 0.71 oz per portion = 0.50 oz/serving

I certify that the above information is true and correct and that One fried battered fish fillets (2.0 oz. each) provide 0.50 oz equivalent meat for Child Nutrition Meal Pattern Requirements.

Martha R. Wiberg  Quality Assurance Manager – Regulatory
Signature  Title

January 21, 2013  Date

<table>
<thead>
<tr>
<th>Snack</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/meat alternate amount required</td>
<td>¾ oz.</td>
<td>¾ oz.</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Meat/meat alternate # pieces you would need to offer</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Grain # pieces you would need to offer</td>
<td>Not credible</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch/Supper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/meat alternate amount required</td>
<td>1 oz.</td>
<td>1.5 oz.</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Meat/meat alternate # pieces you would need to offer</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Grain # pieces you would need to offer</td>
<td>Not credible</td>
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<td></td>
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</tbody>
</table>
**GORTON'S**

**CHILD NUTRITION INFORMATION**

**Product Name:** Gorton's Breaded Fish Sticks made from minced fish

**Product Code:**
- 44400 10350 Size: 115 ct - 4 lb (1.8kg) bag
- 44400 10270 Size: 44 ct - 24.5 oz bag
- 44400 10460 Size: 115 ct - 4 lb (1.8kg) bag

**Distributed by:** Gorton's, Gloucester, MA 01930

**List Varieties of Fish Used in Product:** Minced Pollock

**Total Weight per Portion of Uncooked Product (as purchased):** 0.54 oz per stick

**Weight of Raw Fish per Portion:** 0.27 oz raw fish per stick

**Ounces Equivalent Meat:**
- 0.27 oz x 75% cooking yield = 0.20 oz per stick x 3
- sticks/serving = 0.60 oz/serving = 0.50 oz equivalent meat

**Bread/Bread Alternate:**

\[
2.21 g\text{ breading } x 3\text{ sticks} = \frac{6.63 g \text{ breading}}{14.75 g \text{ creditable grain per serving}} = 0.45 \text{ servings}
\]

\[
1.26 g\text{ dry batter } x 3\text{ sticks} = \frac{3.78 g \text{ batter}}{14.75 g \text{ creditable grain per serving}} = 0.26 \text{ servings}
\]

0.45 serving bread + 0.26 servings batter = 0.71 serving bread alternate = rounded down to 0.50 servings

I certify that the above information is true and correct and that **Three fried breaded minced fish sticks (0.54 oz. each) provide 0.50 oz equivalent meat and 0.50 servings of bread alternate for Child Nutrition Meal Pattern Requirements.**

**Martha R. Wiberg**
Signature

**Quality Assurance Manager - Regulatory Title**

**January 21, 2013**
Date

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<tbody>
<tr>
<td>Meat/meat alternate amount required</td>
<td>½ oz.</td>
<td>½ oz.</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Meat/meat alternate-# pieces you would need to offer</td>
<td>3</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Grain-# pieces you would need to offer</td>
<td>3</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Lunch/Supper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/meat alternate amount required</td>
<td>1 oz.</td>
<td>1.5 oz.</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Meat/meat alternate-# pieces you would need to offer</td>
<td>6</td>
<td>9</td>
<td>12</td>
</tr>
<tr>
<td>Grain-# pieces you would need to offer</td>
<td>6</td>
<td>9</td>
<td>12</td>
</tr>
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</table>
Product Name: Fisherman’s Catch Breaded Fish Sticks

Product Code: 44400 10550  Size: Net Wt 2 lb (32oz)

Distributed by: Gorton’s, Gloucester, MA 01930

I. Meat/Meat Alternate:

List Varieties of Fish Used in Product: Pollock

Total Weight per Portion of Uncooked Product (as purchased): 0.97 oz per stick

Weight of Raw Fish per Portion: 0.57 oz raw fish per stick

Ounces Equivalent Meat: 0.57 oz x 78% cooking yield = 0.44 oz equivalent meat x 3 sticks = 1.25 oz equivalent meat

II. Bread Alternate:

3 sticks x \( \frac{3.46 \text{ g breading}}{14.75 \text{ g creditable grain per serving}} \) = 0.70 servings

3 sticks x \( \frac{1.23 \text{ g batter}}{14.75 \text{ g creditable grain per serving}} \) = 0.25 servings

3 sticks x \( \frac{0.27 \text{ g duster}}{14.75 \text{ g creditable grain per serving}} \) = 0.05 servings

0.70 serving bread + 0.25 servings batter + 0.05 servings duster = 1.00 serving bread alternate

I certify that the above information is true and correct and that Three fried breaded fish sticks (0.97 oz each) provide 1.25 oz equivalent meat and 1.00 serving of bread alternate for Child Nutrition Meal Pattern Requirements.

Martha R. Wiberg  
Signature  

Quality Assurance Manager – Regulatory  
Title  

January 21, 2013  
Date  

Snack | 1-2 | 3-5 | 6-12  
--- | --- | --- | ---  
Meat/meat alternate amount required | \( \frac{\% \text{ oz.}}{} \) | \( \frac{\% \text{ oz.}}{} \) | \( \frac{\% \text{ oz.}}{} \)  
Meat/meat alternate-# pieces you would need to offer | 2 | 2 | 3  
Grain-# pieces you would need to offer | 2 | 2 | 3  
Lunch/Supper |  
Meat/meat alternate amount required | 1 oz. | 1.5 oz. | 2 oz.  
Meat/meat alternate-# pieces you would need to offer | 3 | 5 | 5  
Grain-# pieces you would need to offer | 3 | 5 | 5  

128 Rogers Street, Gloucester, MA 01930  
978-283-3000
**Child Nutrition Information**

**Product Name:** Gorton’s Breaded Fish Fillets

**Product Code:**
- 44400 15480  Size: 4 ct - 7.6 oz box
- 44400 15450  Size: 10 ct - 19.0 oz box
- 44400 15600  Size: 6 ct - 11.4 oz box
- 44400 19400  Size: 30 ct - 4 lb bag

**Distributed by:** Gorton’s, Gloucester, MA 01930

**List Varieties of Fish Used in Product:** Pollock

**Total Weight per Portion of Uncooked Product (as purchased):** 1.9 oz per portion

**Weight of Raw Fish per Portion:** 0.92 oz raw fish per portion

**Ounces Equivalent Meat:** 0.92 oz x 78% cooking yield = 0.71 oz per portion x 2 portions/serving = 1.42 oz/serving

**Bread/Bread Alternate:**

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<td>Meat/meat alternate - # pieces you would need to offer</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Grain-β pieces you would need to offer</td>
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<td>1</td>
<td>2</td>
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<tr>
<td>Lunch/Supper</td>
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<tr>
<td>Meat/meat alternate amount required</td>
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<td>Meat/meat alternate - # pieces you would need to offer</td>
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<td>Grain-β pieces you would need to offer</td>
<td>2</td>
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</table>

8.4g breading x 2 portions = 16.8 g breading

14.75 g creditable grain per serving

6.9g dry batter x 2 portions = 13.8 g batter

14.75 g creditable grain per serving

1.14 serving bread + 0.94 servings batter = 2.08 serving bread alternate

I certify that the above information is true and correct and that Two fried breaded fish fillets (1.9 oz. each) provide 1.25 oz equivalent meat and 2.0 servings of bread alternate for Child Nutrition Meal Pattern Requirements.

**Martha R. Wiberg**

Signature

Quality Assurance Manager – Regulatory Title

**January 21, 2013**

Date

128 Rogers Street, Gloucester, MA 01930

978-283-3000
**CHILD NUTRITION INFORMATION**

Product Name: Gorton’s All Natural Breaded Fish Sticks

Product Code: 44460 10400  Size: 3 lb

Distributed by: Gorton’s, Gloucester, MA 01930

1. Meat/Meat Alternate:

List Varieties of Fish Used in Product: Pollock

Total Weight per Portion of Uncooked Product (as purchased): 0.54 oz per stick

Weight of Raw Fish per Portion: 0.27 oz raw fish per stick

Ounces Equivalent Meat: 0.27 oz x 75% cooking yield (FBG pg 1-54) x 3 fish sticks = 0.61 oz equivalent meat = 0.50 oz equivalent meat

I certify that the above information is true and correct and that Three fried breaded minced fish sticks (0.54 oz each) provide 0.50 oz equivalent meat for Child Nutrition Meal Pattern Requirements.

*Martha R. Wiberg*
Signature

*January 21, 2013*
Date

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<td>3</td>
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</tr>
<tr>
<td>Grain - # pieces you would need to offer</td>
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<td>Lunch/Supper</td>
<td>1 oz.</td>
<td>1.5 oz.</td>
<td>2 oz.</td>
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Quality Assurance Manager – Regulatory
Title

128 Rogers Street, Gloucester, MA 01930
978-283-5000