



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:

$$2.05\text{g breading} \times 3 \text{ sticks} = \frac{6.15\text{g breading}}{14.75 \text{ g creditable grain per serving}} = 0.42 \text{ servings}$$

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

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

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	½ oz.	½ oz.	1 oz.
Meat/meat alternate- # pieces you would need to offer	3	3	6
Grain-# pieces you would need to offer	3	3	6
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Meat/meat alternate- # pieces you would need to offer	6	9	12
Grain-# pieces you would need to offer	6	9	12



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
Signature

Quality Assurance Manager – Regulatory
Title

January 21, 2013
Date

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	¼ oz.	¼ oz.	1 oz.
Meat/meat alternate- # pieces you would need to offer	1	1	2
Grain-# pieces you would need to offer	Not credible		
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Meat/meat alternate- # pieces you would need to offer	2	3	4
Grain-# pieces you would need to offer	Not credible		



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:

$$2.21\text{g breading} \times 3 \text{ sticks} = \frac{6.63\text{g breading}}{14.75 \text{ g creditable grain per serving}} = 0.45 \text{ servings}$$

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

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

128 Rogers Street, Gloucester, MA 01930
978-283-3000

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	½ oz.	½ oz.	1 oz.
Meat/meat alternate- # pieces you would need to offer	3	3	6
Grain-# pieces you would need to offer	3	3	6
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Meat/meat alternate- # pieces you would need to offer	6	9	12
Grain-# pieces you would need to offer	6	9	12



CHILD NUTRITION INFORMATION

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:

$$3 \text{ sticks} \times \frac{3.46 \text{ g breading}}{14.75 \text{ g creditable grain per serving}} = 0.70 \text{ servings}$$

$$3 \text{ sticks} \times \frac{1.23 \text{ g batter}}{14.75 \text{ g creditable grain per serving}} = 0.25 \text{ servings}$$

$$3 \text{ sticks} \times \frac{0.27 \text{ g duster}}{14.75 \text{ g creditable grain per serving}} = 0.05 \text{ servings}$$

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.**

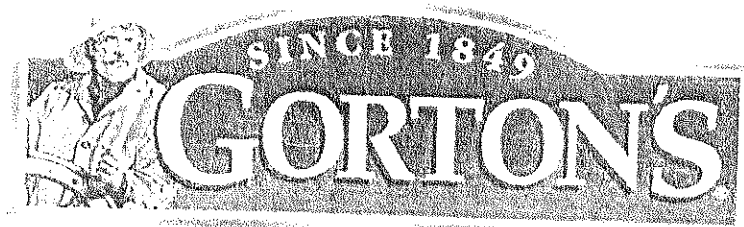
Martha R. Wiberg
Signature

Quality Assurance Manager – Regulatory
Title

January 21, 2013
Date

128 Rogers Street, Gloucester, MA 01930
978-283-3000

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	½ oz.	½ oz.	1 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



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 = 1.25 oz/serving

Bread/Bread Alternate:

$$8.4\text{g breading} \times 2 \text{ portions} = \frac{16.8 \text{ g breading}}{14.75 \text{ g creditable grain per serving}} = 1.14 \text{ servings}$$

$$6.9\text{g dry batter} \times 2 \text{ portions} = \frac{13.8 \text{ g batter}}{14.75 \text{ g creditable grain per serving}} = 0.94 \text{ servings}$$

$$1.14 \text{ serving bread} + 0.94 \text{ servings batter} = \underline{2.08 \text{ serving bread alternate}}$$

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

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	¼ oz.	½ oz.	1 oz.
Meat/meat alternate-# pieces you would need to offer	1	1	2
Grain-# pieces you would need to offer	1	1	2
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Meat/meat alternate-# pieces you would need to offer	2	3	4
Grain-# pieces you would need to offer	2	3	4



CHILD NUTRITION INFORMATION

Product Name: Gorton's All Natural Breaded Fish Sticks

Product Code: 44400 10400 Size: 3 lb

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): 0.54 oz per stick

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

Ounces Equivalent Meat: $0.27 \text{ oz} \times 75\% \text{ cooking yield (FBG pg 1-54)} \times 3 \text{ fish sticks} = 0.61 \text{ oz equivalent meat} = 0.50 \text{ oz equivalent meat}$

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

Quality Assurance Manager -- Regulatory
Title

Snack	1-2	3-5	6-12
Meat/meat alternate amount required	½ oz.	½ oz.	1 oz.
Meat/meat alternate- # pieces you would need to offer	3	3	6
Grain-# pieces you would need to offer	Not credible		
Lunch/Supper			
Meat/meat alternate amount required	1 oz.	1.5 oz.	2 oz.
Meat/meat alternate- # pieces you would need to offer	6	9	12
Grain-# pieces you would need to offer	Not credible		