



Serving Sizes

6-12 years: 2oz = **6 sticks**

3-5 years: 1.5oz = **4.5 sticks**

1-2 years: 1oz = **3 sticks**



**CHILD NUTRITION PRODUCT
FORMULATION SHEET**

Product Name: Gorton's Super Crunchy Fish Sticks

Product Codes: 44400 104900 **Size:** 64 ct – 60.8 oz (3.8 lbs)

Distributed by: Gorton's, Gloucester, MA 01930

List Varieties of Fish Used in Product: Alaska Pollock

Total Weight per Stick of Uncooked Product (as purchased): 0.95 oz per stick

Weight of Raw Fish per Portion: 0.47 oz raw fish per stick

Ounces Equivalent Meat:

0.95 oz precooked breaded fish stick x 49.8% raw fish = 0.47 oz raw fish/fillet x 78 %
cooking yield = 0.37 oz equivalent meat

4 sticks (1.48 oz) = 1.25 oz equivalent meat

3 sticks (1.11 oz) = 1.0 oz equivalent meat

You may obtain future copies of this sheet from our website:

<https://www.gortons.com/child-nutrition-information/>

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