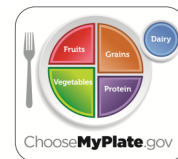




**USDA Foods
in Schools**

100201 - Catfish, Breaded Filet, Frozen
Category: **Meat/Meat Alternate**



Product Description

- This item is uncooked, oven-ready catfish filet strips with a whole grain-rich cornmeal breading. This product is delivered frozen in cases containing four 10-pound packages.

Crediting/Yield

- One case of catfish strips provides about 320 2-ounce portions.
- CN Crediting: Approximately 2 ounces of breaded catfish strips credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

Culinary Tips and Recipes

- Breaded catfish strips can be baked and served as a main entrée or used as a protein component for dishes such as a fish taco or fish sandwich.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 2 ounces (56g)/1 MMA whole grain-rich breaded catfish strips

Amount Per Serving

Calories 93

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 10mg

Sodium 175mg

Total Carbohydrate 6g

Dietary Fiber 0g

Sugars 0g

Protein 8g

Source: USDA Foods Vendor Labels

Allergen Information: Contains fish and wheat. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.