

# Kids Fish Sticks

Heating Instructions: Remove plastic lid.  
Heat at 350° until warm.

## Nutrition Facts

Serving Size: 6 oz (283g)

Servings Per Container: Varied

Amount per serving

Calories 390

Calories from Fat 30

% Daily Value\*

**Total Fat** 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 85mg **28%**

**Sodium** 95mg **4%**

**Total Carbohydrate** 53g **18%**

Dietary Fiber 1g **4%**

Sugars 0g

**Protein** 35g

Vitamin A 25% • Vitamin C 0%

Calcium 2% • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

INGREDIENTS: TILAPIA, LA CROIX SPARKLING WATER, CORNSTARCH, PAPRIKA  
CONTAINS: TILAPIA