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

SMALL ❑ MEDIUM ❑ LARGE ❑

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

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Kids Fish Sticks