



## 10 Lb (4.54 kg) Oven Ready Breaded Pollock Rectangles 3 oz, Kosher, CN

These High Liner Foodservice Breaded Alaska Pollock Rectangles are ready to cook and please a variety of tastes – kids to adults of all ages. Made from premium wild caught Pollock, each rectangle is coated with signature seasoned breading, and bakes from frozen in minutes to ensure a delicious crunch with moist flaky fish in every bite. An excellent choice for Child Nutrition-approved applications.

Product Last Saved Date: 31 July 2025

# Nutrition Facts

53 Servings per container  
**Serving Size** 1 Portion (84g)

**Amount Per Serving**  
**Calories** 170

	% Daily Value*
<b>Total Fat</b> 8 g	<b>10%</b>
Saturated Fat 1 g	<b>6%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 340 mg	<b>15%</b>
<b>Total Carbohydrates</b> 15 g	<b>6%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 11 g	
Vitamin D 0.9 mcg	4%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 190 mg	4%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Product Specifications :

Code	GTIN	Type Of Catch
10001186	10073538011869	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.681 LBR	10 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

### Ingredients :

66.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 33.2% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, WATER, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: CONVENTIONAL OVEN: Bake frozen portions at 425°F for 15-17 minutes. CONVECTION OVEN: Bake frozen portions at 400°F for 10-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

Ideal as an entrée for school lunch, healthcare or senior living center dining. Pairs well with a variety of sides and traditional or signature sauces.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: Yes  
CN Statement: ONE 3.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 1.50 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.





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Kosher, CN**

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Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

**Label Copy:**

\*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



INDIVIDUALLY  
QUICK FROZEN

KEEP FROZEN

DO NOT  
REFREEZE

2565643



EST. # 045

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Breaded Pollock  
Rectangles  
3 oz**

**10001186**



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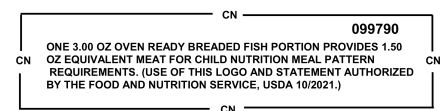
CONTAINS: FISH (POLLOCK), WHEAT

**NET WT 10 Lb (4.54 kg)**



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**LOT #: 1234567890**



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**10001186**

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
www.highlinerfoods.com



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**High Liner Bid Desk Contact and Specification Verification:**

Dawn Enos / Sales Operations Manager k12

PH: 603-818-5334

Email: [dawn.enos@highlinerfoods.com](mailto:dawn.enos@highlinerfoods.com)