



1/10 LB 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: 16 April 2025

Nutrition Facts

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

Amount Per Serving
Calories 170

% Daily Value*

Total Fat 8 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 340 mg	15%
Total Carbohydrates 15 g	6%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 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.

Species / Scientific Name:

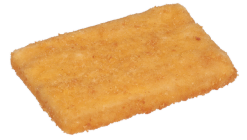
Pollock - Gadus chalcogrammus

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.

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.





10001186 - 1/10 LB Oven Ready Breaded Pollock Rectangles 3 oz, Kosher, CN

CN Information:

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.

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.

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

High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12

PH: 603-818-5334

Email: dawn.enos@highlinerfoods.com