

15 Lb (6.80 kg) Oven Ready Whole Grain Breaded Pollock Rectangles 3 oz, CN, MSC

High Liner Whole Grain Crunchy Alaska Pollock Fillets are quick and easy to prepare with a flavor and crunch kids and adults of all ages will love. These wild caught specially seasoned, whole grain breaded portions come ready to fry or bake to golden crunchy perfection in minutes, with the exact consistency and plate appeal you demand for any Child Nutrition-approved application.

Product Last Saved Date: 20 October 2025

Nutrition Facts

80 Servings per container

Serving Size

1 Portion (84g)

Amount Per Serving

Calories	170
	% Daily Value*
Total Fat 7 g	8%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 35 mg	11%
Sodium 240 mg	11%
Total Carbohydrates 17 g	6%
Dietary Fiber 1 g	5%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 12 g	
Vitamin D 1 mcg	4%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 240 mg	6%

Product Specifications :					
Code GTIN		Type Of Catch			
02090	10074638020904	WILD			

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free	
16.5 LBR	15 LBR	N/A	Undeclared	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	9.125 INH	0.8193 FTQ	12x4	540 Days	-10 FAH / 0 FAH

Ingredients:

64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WATER, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, WHEY, YEAST, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - C	Soy - 30			
Fish - C	Wheat - C	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 14-16 minutes CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 18-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM

Serving Suggestions:

Excellent as a South of the Border sandwich on whole grain roll with Monterey Jack, lower sodium Santa Fe rice and sweet potato fries. Ideal for school lunch, or as a healthier breaded option for healthcare and senior living center dining

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes Has CN Statement: Yes

CN Statement: ONE 3.00 OZ OVEN READY WHOLE GRAIN BREADED FISH

> PORTION PROVIDES 1.50 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN

REQUIREMENTS.









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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EQUIVALENT GRAINS FOR CHILD NUTRITION 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



Oven Ready Whole Grain 02090 **Breaded Pollock Rectangles**

INDIVIDUALLY QUICK FROZEN KEEP FROZEN

DO NOT REFREEZE



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INGREDIENTS: 62 (24, ALSAKS AD POLLOCK): 58 (9) BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, FUNDING AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR, FUNDING AND STARCH, WATER, WHOLE VELLOW, CORN MEAL, CONTAINS 20, OR LESS OF, YELLOW CORN FLOUR, CONTAINS 20, OR LESS OF, YELLOW CORN FLOUR, CONTAINS 20, OR LESS OF, YELLOW CORN FLOUR, WHEAT AND 1.00 OZ COUNTAINS THAT AND THE AND STARCH, WHOLE WAS THAT THEN THE AND TH

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LOT#: PPPYDDDSNL PRODUCED: MM-DD-YY **EXPIRATION DATE: MM-DD-YY**

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

MANUFACTURED BY

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