

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: 07 January 2026



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%

* 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
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	TlxHI	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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - C	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

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.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

