



## 1/15 LB 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: 01 July 2025

# Nutrition Facts

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

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

	% Daily Value*
<b>Total Fat</b> 7 g	<b>8%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>11%</b>
<b>Sodium</b> 240 mg	<b>11%</b>
<b>Total Carbohydrates</b> 17 g	<b>6%</b>
Dietary Fiber 1 g	<b>5%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 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'):

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

### 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:

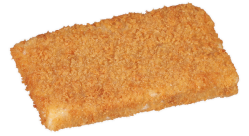
Excellent as a South of the Border sandwich on whole grain roll with Monterey Jack, lower sodium Santa Fe rice and sweet potato fries. Ideal for school lunch, or as a healthier breaded option for healthcare and senior living center dining.

### 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.





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## CN Information:

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.

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.



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From an MSC certified sustainable fishery.  
[www.msc.org](http://www.msc.org)  
MSC-C-50552

INDIVIDUALLY  
QUICK FROZEN

KEEP FROZEN

DO NOT  
REFREEZE

2565337



EST. # 045

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.  
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.

CN 098816  
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. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 04/2020).



10074638020904

NET WT 15 Lb (6.80 kg)

Nutrition Facts	
About 80 servings per container	
Serving size	1 Portion (84g)
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars less than 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 140mg	<b>4%</b>

LOT#: PPPYDDSNL  
PRODUCED: MM-DD-YY  
EXPIRATION DATE: MM-DD-YY

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
[www.highlinerfoods.com](http://www.highlinerfoods.com)



10074638020904

## High Liner Bid Desk Contact and Specification Verification:

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