



1/10 LB Oven Ready Breaded Cod Rectangles 3 oz, Kosher, CN

High Liner Foodservice Breaded Cod Rectangles are simply delicious. And since they're pre-cooked, you simply heat and serve. Each specially breaded wild caught portion bakes from frozen in no time to the perfect combination of irresistible crunch and moist, flaky fish. These Cod rectangles offer great portion control with a flavor and bite that appeals equally to kids and adults.

Product Last Saved Date: 04 April 2025



Nutrition Facts

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

Amount Per Serving  
Calories 180

% Daily Value*	
Total Fat 7 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 320 mg	14%
Total Carbohydrates 16 g	6%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 200 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
10022055	00079149220556	WILD

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

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

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :						
65.0% COD (FISH, WATER, SALT); 35.0% 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: WATER, SALT, 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 (COD), 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 FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Perfect as an entrée with a vegetable and starch side, as a sandwich, or portioned atop a fresh salad. Ideal for school lunch, as well as healthcare and senior living center dining.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

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.





# 10022055 - 1/10 LB Oven Ready Breaded Cod 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.

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

2565646



EST. # 045

Oven Ready  
Breaded Cod  
Rectangles  
3 oz

10022055



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CONTAINS: FISH (COD), WHEAT

NET WT 10 Lb (4.54 kg)



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LOT#: 1234567890

CN

099793

ONE 3.00 OZ OVEN READY BREADED FISH PORTION PROVIDES 1.50 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 10/2021.)

CN

DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.

10022055

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:

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