



10.35 Lb (4.69 kg) Oven Ready Whole Grain Breaded Alaska Pollock Fillet Portions 3.6 oz, CN, MSC

High Liner Whole Grain Breaded Alaska Pollock Fillet Portions are a delicious option that align with USDA regulations for whole grain. These premium wild caught portions are coated with a specially seasoned breading for a crunchy, tender flaky fish fillet that enhances a variety of Child Nutrition-approved applications. Each oven-ready fillet cooks to crispy perfection in minutes with a can't-resist appeal kids and adults of all ages will appreciate.

Product Last Saved Date: 31 July 2025

Nutrition Facts

46 Servings per container

Serving Size1 Portion (101g)

Amount Per Serving

Calories190

% Daily Value*

Total Fat 8 g10%

Saturated Fat 1.5 g6%

Trans Fat 0 g

Cholesterol 45 mg15%

Sodium 260 mg11%

Total Carbohydrates 16 g6%

Dietary Fiber 1 g5%

Total Sugars 1 g

Includes 0 g Added Sugars0%

Protein 15 g

Vitamin D 1.3 mcg6%

Calcium 0 mg0%

Iron 1.1 mg6%

Potassium 290 mg6%

* 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
1089271	10035493892716	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.385 LBR	10.35 LBR	N/A	Undeclared	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	547 Days	-10 FAH / 0 FAH

Ingredients :

71.3% ALASKA POLLOCK; 28.7% 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, CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. 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: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Perfect to use for K-12 and child nutrition meals as the center of the plate, paired with a side of fruit and veggies.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: Yes

CN Statement: ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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CN Information:

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Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

Label Copy:

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSP13-2015 - 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 Breaded Alaska Pollock Fillet Portions

1089271

3.6 oz Copy Not For Federal Meal Requirements

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2564960



EST. # 045

COOKING INSTRUCTIONS FROM FROZEN:
CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes.
CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

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NET WT 10.35 Lb (4.69 kg)



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LOT#: 1234567890

CN 098886
ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. CN (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 04/2020)



From an MSC certified sustainable fishery.
www.msc.org
#MSC-C-50552

1089271

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
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www.highlinerfoods.com



10035493892716

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