



## 2/5 LB Battered Cod Wedge 3 oz, Kosher, CN

High Liner Foodservice Battered Cod Wedges feature a natural appearance that offers excellent plate coverage and appetizing appeal to both kids and adults. These wild caught wedges are dipped in a specially seasoned batter for a delicious combination of flavorful moist, flaky fish and irresistible crunch. Each is ready to bake or fry in minutes, and offers superb portion control.

Product Last Saved Date: 01 July 2025



# Nutrition Facts

53 Servings per container  
**Serving Size** 1 Wedge (84g)

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

	% Daily Value*
<b>Total Fat</b> 7 g	<b>9%</b>
Saturated Fat 1 g	<b>6%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>6%</b>
<b>Sodium</b> 490 mg	<b>21%</b>
<b>Total Carbohydrates</b> 18 g	<b>6%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 8 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.8 mg	4%
Potassium 150 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
10022248	00079149222482	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	0.6116 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :						
48.0% COD (FISH, WATER, SALT); 52.0% BATTER AND BREADING: WATER, YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (ALUMINUM PHOSPHATE, SODIUM BICARBONATE), IODIZED SALT, SPICE. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: COD (FISH), 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 DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Bake at 425°F for 16 - 18 minutes. For best results, flip halfway through baking. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

### Serving Suggestions:

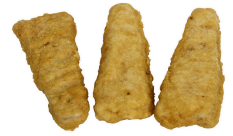
Perfect as an entrée with a vegetable and starch side, as a sandwich, or portioned atop a fresh salad. Ideal for school lunch, as well as healthcare and senior living center dining.

### 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 BATTERED FISH PORTION PROVIDES 1.00 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.





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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 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.

Battered  
Cod Wedge  
3 oz

10022248



LOT #: 1234567890

INDIVIDUALLY  
QUICK FROZEN

KEEP FROZEN  
DO NOT  
REFREEZE

MANUFACTURED BY: HIGH LINER  
FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
www.highlinerfoodservice.com

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Incorporated

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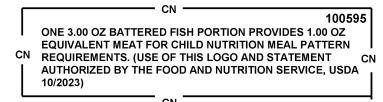
**CONTAINS:** COD (FISH), WHEAT

2/5 Lb Bags

NET WT 10 Lb (4.54 kg)



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EST. # 045

10022248



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High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12  
PH: 603-818-5334  
Email: [dawn.enos@highlinerfoods.com](mailto:dawn.enos@highlinerfoods.com)