

## 20 Lb (9.07 kg) Oven Ready Whole Grain Breaded Pollock 'N Cheese Rectangles 3.6 oz, CN, MSC

High Liner Whole Grain Golden Crunchy Pollock & Cheese Rectangles are coated with a special cheese-encrusted whole grain breading to ensure a deliciously cheesy crunch with every bite. These oven-ready wild caught Alaska Pollock rectangles cook to perfection in no time, and appeal to kids and adults of all ages. A unique option for a variety of Child Nutrition-approved applications.

Product Last Saved Date: 01 April 2026



**HIGH LINER**  
FOODSERVICE™



### Nutrition Facts

89 Servings per container

**Serving Size 1 Rectangle (101g)**

Amount Per Serving

**Calories 280**

% Daily Value\*

**Total Fat 15 g 19%**

Saturated Fat 6 g **30%**

Trans Fat 0 g

**Cholesterol 50 mg 16%**

**Sodium 630 mg 28%**

**Total Carbohydrates 21 g 8%**

Dietary Fiber 2 g **6%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein 15 g**

Vitamin D 3.5 mcg 15%

Calcium 170 mg 15%

Iron 1.3 mg 8%

Potassium 230 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
53998	10070737539989	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	10.125 INH	1.0944 FTQ	10x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

39.2% ALASKA POLLOCK; 25.0% PASTEURIZED PROCESS AMERICAN CHEESE [CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, SKIM MILK, SODIUM PHOSPHATE, SALT, VEGETABLE COLOR (ANNATTO AND PAPRIKA BLEND)]; 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, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: 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' 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. CONVENTIONAL OVEN: Bake at 400°F for 22-25 minutes. CONVECTION OVEN: Bake at 375°F for 13-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Serve in a bun as a sandwich with veggies, salad and fruit. Ideal for school lunch, as well as a healthier breaded option for healthcare and senior living centers.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

