

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: 10 November 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	TIxHI	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)]; 5.8% 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: POLLOCK (FISH), 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 158°F MINIMUM.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

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.

Claims & Child Nutrition:

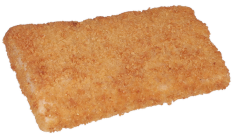
BAP Certified:

MSC Certified: Yes

Has CN Statement: Yes

CN Statement: ONE 3.60 OZ OVEN READY WHOLE GRAIN BREADED FISH 'N CHEESE PORTION PROVIDES 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.25 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.


PERISHABLE
KEEP FROZEN

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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.

Oven Ready Whole Grain Breaded Pollock 'N Cheese Rectangles 3.6 oz **53998**

Contains 39.2% Fish

WHOLE GRAIN RICH

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 158°F MINIMUM.

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2567586

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CONTAINS: POLLOCK (FISH), WHEAT, MILK

(01)10070737539989(15)123456(10)1234567890

NET WT
20 Lb (9.07 kg)

LOT: 1234567890

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

Seafood certified to MSC's environmental standard for fishing. msc.org
MSC-C-50552

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53998

CN 102036
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CN CN CN

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

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(01)10070737539989(15)123456(10)1234567890

High Liner Bid Desk Contact and Specification Verification:

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