

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: 20 October 2025

Nutrition Facts

89 Servings per container

Serving Size 1 Rectangle (101g)

_ _ _

Amount Per Serving Calories

2	8	O
	_	_

Calories	200
	% 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%

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	No

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)]; 38.8% 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'):			
Eggs - 30	Milk - C	Soy - 30	
Fish - C	Wheat - C	TreeNuts - 30	
Peanuts - 30	Crustacean - 30	Sesame - 30	

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: 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.









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

Page 1 of 2

Printed on 22 November 2025 Powered by Syndigo LLC - http://www.syndigo.com



53998 - 20 Lb (9.07 kg) Oven Ready Whole Grain Breaded Pollock 'N Cheese Rectangles 3.6 oz, CN, MSC

53998

CN Information:

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.

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

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2564951



Rectangles 3.6 oz

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place fro CONVECTION OVEN: Bake at 375°F for 13-15 minutes NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

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 INCLUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAST, EXTRACT, LEAST, BONATE, MONORAL CLUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTILES EXTRACT, LEAST, BONATE, MONORAL CLUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DELLYDRAFOR DINNON BRE BEIEDIN (CANAL) AND CONTRONEED (IN ANNOR SOVERAL MIL). DEHYDRATED ONION, PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

NET WT 20 Lb (9.07 kg)



LOT#: 1234567890



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

098820 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. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 04/2020)



High Liner Bid Desk Contact and Specification Verification:

Dawn Enos / Sales Operations Manager k12 PH: 603-818-5334

Email: dawn.enos@highlinerfoods.com