



10 Lb (4.54 kg) FISH-IN-A-MINUTE Crispy Style Breaded Pollock Rectangles Parfried, 3 oz, CN

High Liner Foodservice Fish-In-A-Minute® Pollock Rectangles are incredibly easy to prepare. Made from wild caught Pollock, these perfectly portioned rectangles deep-fry or microwave (from thawed) in one minute or less and can also be oven-baked. No matter how they're prepared, each cooks to that desirable outer crispy, tender, flaky fish perfection craved equally by kids and adults.

Product Last Saved Date: 31 July 2025



Nutrition Facts

53 Servings per container

Serving Size 1 Portion (84g)

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 8 g	11%
Saturated Fat 1.5 g	7%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 260 mg	11%
Total Carbohydrates 19 g	7%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 11 g	
Vitamin D 0.9 mcg	4%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 200 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
10002795	10073538027952	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	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	540 Days	-10 FAH / 0 FAH

Ingredients :

60.0% POLLOCK; 40.0% BATTER AND BREADING: WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, WHEAT STARCH, SALT, YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, ONION POWDER, SPICES, GUAR GUM, DEXTROSE. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), 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 THAWED: Remove frozen portion from packaging. Place the portions in a clean, sanitized container in a single layer and cover. Place the covered portions under refrigeration (38°F or below) overnight. TO DEEP FRY: Preheat fryer to 360°F and fry for about 1 minute. TO BAKE: Place thawed portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 11-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Perfect on a sandwich, as a center of the plate entrée, or portioned atop a fresh salad for school lunches, as well as senior living center and healthcare dining.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: Yes
CN Statement: ONE 3.00 OZ BREADED FISH PORTION PROVIDES 1.25 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.



**FISH-IN-A-MINUTE™
Crispy Style® Breaded
Pollock Rectangles
53 - 3 oz Parfried**

10002795

Keep Frozen Until Ready To Use
Ready To Heat
Not Ready-to-Eat - Requires further Cooking

INDIVIDUALLY
QUICK FROZEN

KEEP FROZEN

DO NOT
REFREEZE

2565415



EST. # 045

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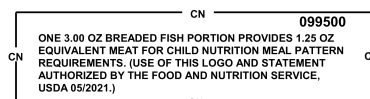
CONTAINS: FISH (POLLOCK), WHEAT

NET WT 10 Lb (4.54 kg)



10073538027952

LOT #: 1234567890



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



10073538027952

High Liner Bid Desk Contact and Specification Verification:

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