



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: 20 October 2025



HIGH LINER
FOODSERVICE™

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	

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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

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.



Information subject to change without notice at the discretion of High Liner Foods (USA)
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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

LOT #: 1234567890

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

CN 099500 ONE 3.00 OZ BREADED FISH PORTION PROVIDES 1.25 OZ EQUIVALENT MEAT FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 05/2021.)

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INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565415



EST. # 045

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NET WT 10 Lb (4.54 kg)



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



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High Liner Bid Desk Contact and Specification Verification:

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