

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



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

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	TIxHI	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 RON), 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 - 30	Milk - 30	Soy - 30	
Fish - C	Wheat - C	TreeNuts - 30	
Peanuts - 30	Crustacean - 30	Sesame - 30	

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:

nutrition advice.

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) http://www.highlinerfoods.com

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must be served to meet 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



INDIVIDUALLY

QUICK FROZEN

KEEP FROZEN DO NOT REFREEZE

2565415

FISH-IN-A-MINUTE™ Crispy Style® Breaded

10002795 **Pollock Rectangles**

53 - 3 OZ Parfried COOKING INSTRUCTIONS FROM THAWED OF F

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

COUNING INSTRUCTIONS FROW THAWED:

Remove frozen portion from packaging. Place the portions in a clean, so Place the covered portions under refrigeration (38°F or below) overnight. TO DEEP FRY: Preheat fryer to 380°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 minute NOTE: COOK TO AN INTERNAL TEMPERATURE OF 185°F MINIMUM.

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

NET WT 10 Lb (4.54 kg)

LOT #: 1234567890

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,

DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements. Requirements

www.highlinerfoods.com



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