

1/20 Lb Parfied Whole Grain Corn Meal Breaded Alaska Pollock FishFries 1.25 oz, CN, MSC

High Liner Foodservice Whole Grain Cornmeal Fish Fries are a truly unique kids specialty option for Child Nutrition-approved applications and more. Made from premium wild caught Alaskan Pollock, each is coated with specially seasoned whole grain cornmeal, and fries or bakes from frozen to crispy, tender flaky fish perfection in minutes. These decidedly kid-friendly fish fries also make an excellent treat for adults of all ages.

Product Last Saved Date: 03 January 2025



Nutrition Facts

85 Servings per container

Serving Size 3 Fish Fries (105g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 11 g 14%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 45 mg 15%

Sodium 530 mg 23%

Total Carbohydrates 13 g 5%

Dietary Fiber 1 g 4%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 14 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 290 mg 6%

* 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
53989	10070737539897	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
25 LBR	20 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	10.125 INH	1.0944 FTQ	10x4	540 Days	-10 FAH / 0 FAH

Ingredients :

68.5% ALASKA POLLOCK; 31.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, WATER, WHOLE YELLOW CORN FLOUR, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN STARCH, SUGAR, YEAST, NATURAL FLAVOR, ONION POWDER, GARLIC POWDER. 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 FROZEN: TO DEEP FRY: Deep Fry at 350°F for 3-4 minutes. TO BAKE: Place frozen fishfries on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 8-12 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 15-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal for school lunches, as a healthier breaded treat for healthcare and senior living dining, or as a fun appetizer on any menu. Pairs well with your favorite dipping sauces.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:
 MSC Certified: Yes
 Has CN Statement: Yes
 CN Statement: THREE 1.25 OZ PARFRIED WHOLE GRAIN CORN MEAL BREADED FISHFRIES PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.00 OZ EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.





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CN Information:

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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.



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53989

LOT#:1234567890



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

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2565414



EST. # 045

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CN 099316
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CN

53989

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

NET WT 20 Lb (9.07 kg)



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